

OTTAWA

metro®

Thursday, July 26, 2012



metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

What would you do with an **extra 20 minutes?**

LG appliances are loaded with innovative features designed to save you time,
including a washer which gets clothes clean up to 20 minutes
faster than a conventional washer.



sears.ca/lgcontest

ENTER FOR YOUR CHANCE TO

WIN AN LG TurboWash™ LAUNDRY PAIR

No purchase necessary to enter or win. Contest closes September 7, 2012 at 11:59 p.m. ET. Contest is open to residents of Canada (except employees) who are age of majority or older in the province or territory in which they reside. Prize value \$2,299.98. Odds of winning depend on number of entries received. Selected entrant must correctly answer a time-limited skill-testing question. To enter and for complete Rules & Regulations visit www.sears.ca/LGcontest or scan this QR code.

*Based on independent national surveys current at time of ad preparation.

Sears®

#1 RETAILER OF MAJOR APPLIANCES*

NE074G112 © 2012. Sears Canada Inc.

SAVE \$300
2499⁹⁹

SEARS REG. 2799.99

LG 28 cu. ft. French door refrigerator with Slim SpacePlus™ Ice System. #20413



MORE SPACE, LESS WORRIES
WITH 28 CU. FT. CAPACITY AND SPACE-SAVING INNOVATIONS LIKE THE SPACEPLUS™ ICE SYSTEM, YOU'LL NEVER OUTGROW THIS REFRIGERATOR

SAVE \$300
2699⁹⁹

SEARS REG. 2999.99

LG 25 cu. ft. 4-door French door refrigerator with Slim SpacePlus™ Ice System. #20743



THE ULTIMATE IN ORGANIZATION
WITH 2 SEPARATE FREEZER DRAWERS, YOU HAVE EASY, ORGANIZED ACCESS TO THE THINGS YOU NEED OFTEN - AND AMPLE, LOWER SPACE FOR THE THINGS YOU DON'T

SAVE \$500
3499⁹⁹

SEARS REG. 3999.99

LG 31 cu. ft. French door refrigerator with Door in Door™ feature. #20783



IN AND OUT PRIVILEGES
THE INNOVATIVE DOOR-IN-DOOR DESIGN ALLOWS QUICK AND EASY ACCESS TO HEALTHY SNACKS AND FREQUENTLY USED ITEMS FOR THE ENTIRE FAMILY

Free Delivery[†] on **ALL LG Appliance**

Discover more innovative LG products at sears.ca/lg

SAVE \$200
2699⁹⁹

SEARS REG. 2899.99

LG smooth-top slide-in range with Dual True Convection. #20103

TURN UP THE HEAT
THE LARGE 5.4 CU. FT. CAPACITY RANGE WITH DUAL TRUE CONVECTION PROVIDES THE SPACE, AIRFLOW, AND EVEN TEMPERATURES TO BAKE, ROAST, AND SEAR YOUR WAY TO THE PERFECT MEAL



SAVE \$300
1999⁹⁸

SEARS REG. 2299.99

LG front-load Steam laundry pair with TurboWash™. #25237/75237

Pedestals also available.

WASH FASTER, WASH BETTER
TurboWash™ TECHNOLOGY SAVES UP TO 20 MINUTES PER FULL LOAD WITHOUT SACRIFICING PERFORMANCE. 6 Motion® FEATURE COMBINES UP TO 6 DIFFERENT WASH MOTIONS TO BE TOUGH ON STAINS, YET GENTLE ON YOUR CLOTHES



SAVE \$400
1899⁹⁸

SEARS REG. 2299.98

LG high efficiency laundry pair with WaveForce™ technology. #25337/75337

CATCH THE WAVE
RAPID DRUM MOVEMENT AND POWERFUL WATER JETS DELIVER OUTSTANDING WASHING AND RINSING PERFORMANCE, ALL WHILE STAYING GENTLE ON CLOTHES



WHY BUY AT SEARS?

- Take up to 36 months to pay with no interest* with your Sears Financial™ Credit Card.
- Largest selection of major appliances in Canada. • Energy Star® Retailer of the Year 2012
- Find it for less anywhere else and we'll beat it. Even up to 90 days later** with your Sears Financial™ Credit Card.

OFFERS IN EFFECT FRIDAY, JULY 27 UNTIL THURSDAY, AUGUST 7, 2012

Look for the ENERGY STAR® logo. It shows that the product meets ENERGY STAR specifications for energy efficiency. *On approved credit. "Equal Payments, No Interest" offer: Pay in 6, 12, 18, 24 or 36 monthly installments only on your Sears® MasterCard®, Sears® Voyage™ MasterCard® or Sears Card. Administration fee on equal payment offer (except in Quebec), 6 months - 0; 12 months - 69.99; 18 months - 84.99; 24 months - 99.99; 36 months - 129.99 and no minimum purchase (except in Quebec \$200 minimum purchase required). Interest will accrue on financed amount (which includes administration fee and applicable taxes and delivery charges) at the rate then in force for purchase transactions but will be waived if monthly installments are paid in full when due. If not paid in full when due, interest on unpaid monthly installment accrued from posting date will no longer be waived and will be charged to your account. See Cardmember Agreement for more details. Excludes installed Home Improvements and Services, Gift Cards, Specialty Services, Sears Travel and Outlet/Liquidation store purchases. **On approved credit. Applies to the lowest price on Appliances, Sewing Machines, Vacuum Cleaners, Home Furnishings and Mattresses. Price protection with other forms of tender and on all electronic purchases up to 30 days only. Some conditions apply. See store for details. †Delivery service must be purchased in order to receive rebate. Basic delivery only. ††Based on independent national surveys current at time of ad preparation.

Sears®

#1 RETAILER OF MAJOR APPLIANCES††

NE074G212 © 2012. Sears Canada Inc.



18+
1000s
of **SINGLES**
JOIN EACH WEEK!

lavalife.com





The 'Hélène effect'

Trillium Gift of Life Network wants to keep the momentum going as 7,000 Ottawans registered as organ donors in last three months **PAGE 6**

'I LOVE HIM, I'M SO SORRY'

KRISTEN STEWART MAKES PUBLIC APOLOGY FOR AFFAIR **PAGE 26**



OTTAWA

metro

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

Thursday, July 26, 2012

 News worth sharing.

Selling liquor a 'tough business'

Corner stores. Gatineau owner has words of warning for Ontario counterparts looking to sell booze

 **JESSICA SMITH**
jessica.smith@metronews.ca

A Gatineau convenience store owner has some advice for his Ontario counterparts who want get into the booze business: "It's good, but it causes lots of trouble too."

People with addictions have left broken glass around the store, stolen items and have become violent "lots of times," said Jiad Charara, owner of Épicerie Chénier Frères, speaking at his dépanneur Wednesday. He said he will call the cops, but it's still hard on him.

"Selling alcohol is a very tough business to deal with."

A petition with 112,500 signatures asking the government to allow the sale of beer and wine in convenience stores was presented at Queen's Park on Wednesday.

It had been circulated by the Ontario Convenience Store Association.

The issue is a familiar one to Ottawans who can buy booze at convenience stores right cross the river in Gatineau.

Charara's store is a block from the Alexandra Bridge, and much of the space in his small store is devoted to booze — including a walk-in beer cooler, single cans of beer alongside pop in the fridges, a collection of wines at the rear and displays of liquors in the aisles.

He gets customers from Ottawa and said his sales will drop "a little" if the Ontario convenience stores can sell alcohol.

PETITION GETS COOL RECEPTION FROM LIBERALS, PAGE 6



Jiad Charara, owner of Épicerie Chénier Frères in Gatineau, said selling liquor in dépanneurs can come with a lot of trouble. JESSICA SMITH/METRO

Beloved beaver presumed dead

After Mayor Jim Watson said the animals would not be trapped in 2011, the city dismantled Lucky and Lily's lodge **PAGE 3**

No joke: Get tested for hep C

Ottawa comedian is sharing his story and aiming to raise awareness while he waits for a liver transplant **PAGE 4**

Take the historic foundation of Creole Louisiana style cuisine and combine it with fresh local ingredients to create the most delectable flavor combinations.

Big Easy's

SEAFOOD & STEAK HOUSE



228 Preston Street
613-565-3279
www.bigeasys.ca

LUNCH: 11:30AM - 3PM (WED - FRI)
DINNER: 5PM - 11PM
EASY TIME: ALL DAY SUNDAY
SATURDAYS: 5PM - MIDNIGHT
SUNDAYS: 5PM - 10PM • MONDAY: CLOSED

Get yours
before August 13



iPhone 4 is now \$0

\$0

with select 3-year
Fido Agreements*



Apple iPhone

Get the Fido ADVANTAGE™

FidoTRADE | FidoDOLLARS | Fido LiveANSWERS



It's time to switch.

Go to **fido.ca**, visit a store or call **1-866-301-3436**.



FIDO STORES

Quinte Mall, Belleville
360 Maloney West Blvd., Gatineau
Les Galeries de Hull, Gatineau
Promenades de l'Outaouais, Gatineau
Cataract Town Centre, Kingston

Bayshore Shopping Centre, Nepean
Place D'Orléans, Orléans
70B George Street, Ottawa
Billings Bridge Mall, Ottawa
Carlingwood Mall, Ottawa

Elmvale Mall, Ottawa
Merivale Mall, Ottawa
St. Laurent Shopping Centre, Ottawa
Landsdowne Place Mall, Peterborough

► FUTURE SHOP

WIRELESS etc...

booth
wireless

COSTCO
WHOLESALE

«WIRELESSWAVE»

Walmart

BEST
BUY

THE MOBILE SHOP
Exclusively where President's Choice products are sold.

Offers end August 13, 2012 and are subject to change without notice. *With new activation on 3-year Fido Agreement on plans of \$25 or more and eligible Data Add-on (e.g. \$10/100 MB Add-on excluded); Device Savings Recovery Fees and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. Taxes extra. A one-time \$35 Activation Fee applies; receive a credit for the entire amount of the \$35 Activation Fee on your invoice with new activation on a 2- or 3-year Fido Agreement. © 2012

Minor injuries

Taxi driver robbed at knifepoint

Ottawa police are investigating an attack on a taxi driver who was robbed at knifepoint Wednesday morning.

Police received a call at around 5:04 a.m. of a robbery just outside the Chateau Laurier.

The taxi driver suffered minor injuries.

JESSICA BEDDAOUI/FOR METRO

Multiple charges

Police arrest robbery suspect

Tips from the public helped police arrest a bank-robbery suspect a day after they released a surveillance photo.

Mario Ethier, 44, of Gracefield, Que., was arrested in Gatineau following two additional bank robberies that occurred in Ottawa Tuesday morning.

He has been charged with robbery, uttering threats and breach of probation stemming from a July 20 robbery, with more charges pending, police said. **METRO**

Funding

Ottawa doctors receive \$400K for cancer research

A virus-based cancer therapy developed by two Ottawa researchers is getting \$400,000 in funding from the Canadian Cancer Society.

Doctors Jean-Simon Diallo of the Ottawa Hospital Research Institute and Robert Korneluk of the Children's Hospital of Eastern Ontario will split the funding to improve a treatment that uses a virus to selectively target and kill cancer cells.

METRO



Neighbours, from left, Daniel Burns, Anita Utas and Anne Sturgeon spoke out for Lily the beaver and her kits, inset. They said the city needs to think of better ways to handle animals in a new wildlife strategy. GRAHAM LANKTREE/METRO; INSET COURTESY OF ANITA UTAS

Beavers saved by mayor now homeless thanks to city, say residents

Stittsville. Lodge of beavers Lucky, Lily and family was dismantled late last month

GRAHAM LANKTREE
graham.lanktree@metronews.ca

Lucky the beaver is missing and presumed dead by Stittsville residents who are looking to the city for a new wildlife strategy after workers destroyed a lodge he and his partner made for their two kits.

"I find it very odd that Lucky has disappeared," said Anita

Utas, who lives near the storm water pond in a Stittsville suburb where the beavers make their home. "They are monogamous and the adults stay with the kits for two years."

The beavers named Lucky and Lily have two five-week-old kits and became famous in late 2011 when Mayor Jim Watson said the animals would not be trapped and killed as per city policy.

"If it was legal, I would offer the money to pay a trapper," said Utas. Yet provincial wildlife management rules prohibit relocation of the beavers far away.

Utas suggests that wrapping tree trunks with wire and water-flow devices to prevent

On the web



Watch Lily the beaver and one of her kits swim near the site of their old lodge.

flooding would encourage the beavers to move on as the city expected they would after the winter. She is calling on the city to implement these tactics in a

new wildlife strategy it plans to unveil this fall.

Citing damage to trees in people's backyards facing the pond, the beavers' lodge was removed stick by stick June 29 by the city when they believed the beavers had left, said city planner Amy MacPherson.

"You can't come down this path without finding someone who cares about the beaver," said Anne Sturgeon, who lives near the site. "I don't think it's right they destroyed the home of a Canadian icon on Canada Day weekend."

Follow Graham Lanktree on Twitter @MetroGraham



Mobile news



The world's last Arctic refuge is under attack. Scan the code to see a slideshow of the vulnerable animals who live there.

GOT MORE LOVE THAN YOU CAN HANDLE?

WE CAN HELP!

i-Silhouette

Ultrasonic Liposuction and Body Sculpting Systems

BLACKBURN HAMLET CLINIC 2600 Innes Rd • 613.317.7572

Free consultation & 2 sessions for the price of 1!

ONLY \$159

MUST BRING THIS AD TO RECEIVE PROMOTIONAL DISCOUNT

WHY WEIGHT?

London Games. Local watering holes ready for Olympic spirits

As Canadian athletes prepare to go big to reach the Olympic podium, Ottawa's bars are ready to go big in their own way.

"The opening ceremony is Friday and we're having a party all day and all night to celebrate," said Megan Bishop, general manager of the St. Louis Bar and Grill on Elgin Street, adding that the bar will be decked out in Olympic-themed decorations.

Bishop said as the Games progress and Canada emerges in the events the bar may also consider moving up their opening hours to accommodate excited fans.

The most popular events are usually the 100-metre, swimming finals, triathlon and cycling, said Dean Vasilas, owner of the Local Heroes Bar & Grill in Nepean.

"Those are the ones from over the years that stand out," he said. "There's anticipation for those events. People like the showy ones."

For Jamie Lennox, general



Can't be there? Many bars in town will be showing Games coverage.
CHARLIE RIEDEL/THE ASSOCIATED PRESS

manager of the James Street Pub, soccer is where it's at. "We have a pretty good soccer crowd in Ottawa," he said, "so we're used to the time difference with most of the soccer games in Europe."

GRAHAM LANKTREE/METRO

Pipe malfunction

Carp boil-water advisory lifted

Carp residents can now breathe a sigh of relief and drink their tap water. The City of Ottawa lifted the boil-water advisory for the 1,800 residents who use Carp's communal well system Wednesday following the pipe malfunction that occurred Sunday afternoon.

The city says the tap water is now safe for all consumption purposes, but residents are advised to run the water cold before first use.

JOE LOFARO/METRO

Kanata

Blue Jays Super Camp in town

More than 100 kids will get to brush shoulders with Toronto Blue Jays alumni and ex-Major League players Thursday at the 2012 Blue Jays Honda Super Camp.

Kids aged 10 to 16 will learn techniques from the pros at Kinsmen Field in Kanata from 9 a.m. to 1 p.m. At each of the 14 Super Camps across Canada, the Jays Care Foundation will also give five scholarships for entry fees to help kids play amateur baseball. JOE LOFARO/METRO

Comedian aims to raise Hepatitis C awareness

World Hepatitis Day. While awaiting liver transplant, Ottawa native is encouraging others to get tested

JESSICA BEDDAOUI
ottawa@metronews.ca

Michael MacDonald knew at an early age that he liked to make people laugh. Growing up, the Ottawa native would watch Bugs Bunny cartoons and think about how people took life too seriously.

"I was just bored, anti-authoritative.... I thought high school was too strict and boring and I always saw the joke in everything," MacDonald said.

At 23, he had his first gig in Ottawa — it was a huge hit. Shortly thereafter, he moved to Toronto and spent the next 10 years performing standup comedy.

MacDonald believes it was during this time that he contracted hepatitis C, although he wouldn't be diagnosed until May 2011, almost 25 years later.

Since his diagnosis, MacDonald has moved back to Ottawa, where he lives with his mom, and is waiting for a liver transplant.

He's put comedy on the backburner for the moment, and has teamed up with the Canadian Liver Foundation to spread awareness about World Hepatitis Day on July 28 and the importance of getting tested.

"It's a sense of trying to give something back," said MacDonald, who feels he's been blessed with an outpouring of well wishes from his fans.

MacDonald admits that

Hepatitis C

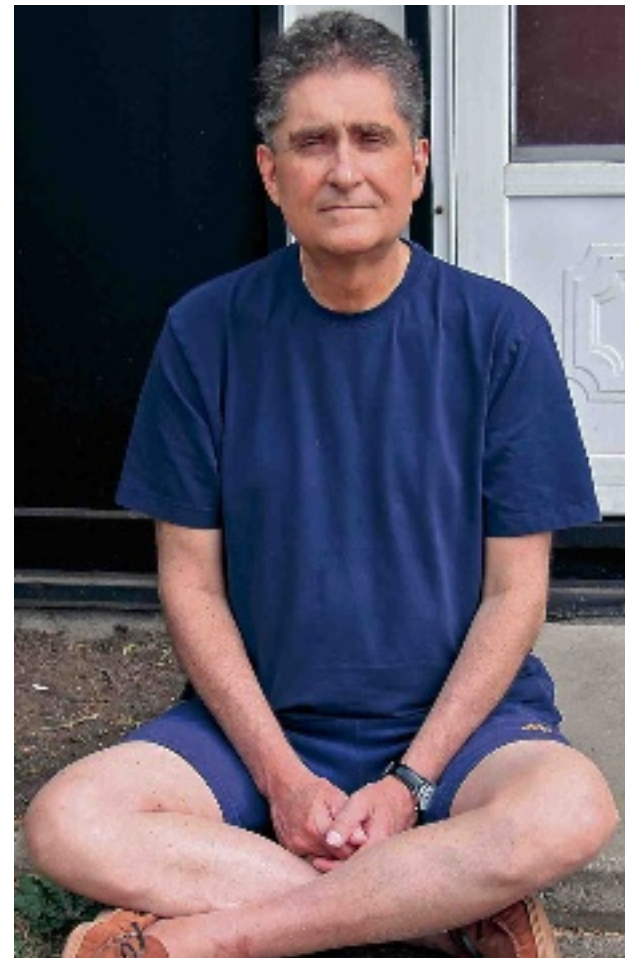
- Hepatitis C can be contracted from unsafe blood transfusions, experimental intravenous drug use, tattoos, intercourse, or any form of blood-to-blood contact.
- People can live with the infection for years without showing symptoms.
- The U.S. Centers for Disease Control and the Canadian Liver Foundation recommend baby boomers (people born between 1945 and 1965) get tested for hepatitis C since they are five times more likely to have contracted the disease than other adults.
- There is an estimated 110,000 Ontarians who are living with hepatitis C.

he was ill-informed about hepatitis and never considered getting tested until his wife noticed he was acting strange.

"She was noticing that I was slurring my words and that I dropped a couple of things like a plate or a glass or two," MacDonald said.

He's still unsure about how or when he contracted the disease.

"The popular thing was the intravenous drug-use, which I did go through (during) a period of time in Toronto as a young man ... the heroine, cocaine and stuff, which I stopped doing 25 years ago, cold turkey, through prayer and stuff," MacDonald said.



Canadian-born comedian Michael MacDonald remains hopeful that, after hearing his story, more Canadians will get tested for hepatitis C. JESSICA BEDDAOUI/FOR METRO

Quoted

"It's a simple thing. It's a blood test. Just go to your doctor and say you want to get tested."

Comedian Michael MacDonald, who is urging people to get tested for hepatitis C.

"I also led a pretty sexually active life before I met my wife."

While MacDonald waits for his transplant, he remains hopeful that his story will push Canadians to take

action and get tested.

"If it's caught at the early stages it can be eradicated much more easily with drugs, rather than having to go through a transplant," MacDonald said.

Say si to the city on the sea.

Book San Juan, Puerto Rico today.

One-way fares from Ottawa to San Juan:

From

\$129 + \$79 taxes, fees & surcharges = **\$208***

Book by July 26, 2012 for travel on Saturdays from September 4 to October 27, 2012.*

Looking for flight plus hotel? WestJet Vacations offers a variety of great packages.

Book your flights or vacation package today at westjet.com or call your travel agent.



*Book by July 26, 2012 for travel on Saturdays from September 4 to October 27, 2012. Blackout dates from October 4 - 9, 2012. Fares on other days may be higher. Advertised fare from Ottawa to San Juan reflects a connection through Toronto less than 4 hours. Advertised taxes and fees for U.S., Mexico and Caribbean destinations can fluctuate based on exchange rate. Advertised fares only apply to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our code share, interline or other airline partners. Fuel surcharge between \$22 - \$45 per direction still applies to Air Miles™ redemption bookings. Seats at these fares are limited and may not be available on all flights. New bookings only. 100% non-refundable. Flights may not operate on certain days. All fares shown are one-way.

Traveller's spirit and Scotiabank support help Shanghai native start Canadian journey

As the operator of a Shanghai travel agency, Yuxiang Zhang had a love of travel that he put to the test when he decided to move to Canada. But when he faced worries about this colossal trip, he discovered how Scotiabank's multinational team and services can provide a smooth landing.

Mr. Zhang's personal journey began after he visited Becky, his only daughter, who had migrated to Canada in 1999. Seeing how she was enjoying her life in a friendly, multicultural country he decided to become a family class immigrant.

"I was excited to join my daughter, but I was also unsure about the details, such as how would I move forward without speaking English?" says Mr. Zhang, who also wondered about practical issues such as the process to transfer money to a Canadian bank.

Fortunately, Becky convinced him to attend an immigration seminar in Shanghai, hosted by Scotiabank and The Cross-Cultural Community Services Association, where Bank officials answered every question, ranging from the Canadian job market to government services. He also learned about the **Scotiabank StartRight**[®] Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of credit card options³ and a number of other customized services and benefits.

"Before the workshop, I was very worried, but after I felt relieved, and it gave me the courage to move forward," recounts Mr. Zhang, who arranged for his Canadian and U.S dollar bank accounts with Scotiabank, and applied for a credit card, while still in Shanghai, through the Bank's partnership with China Everbright Bank.

After landing in Toronto in late 2009, Mr. Zhang went alone to the Scotiabank branch at the Steeles and Silverstar location to activate his accounts. Speaking only Mandarin and Russian, he wasn't sure how things would go. Luckily, he was greeted by Isa Ho, Branch Manager, and her multilingual staff. "Surprisingly, it went well, and my accounts and debit card were ready, and my credit card came within a week," marvels Mr. Zhang.

Isa, a Canadian immigrant who speaks both Cantonese and Mandarin, is well-prepared to serve newcomers. She often calls them long distance before they move, to help them prepare. "I tell them about banking options and what are the best schools for their kids," says Isa, a 32-year veteran of Scotiabank, who still remembers first seeing donuts when she arrived. "When they get here, we answer their questions about Canadian customs, and explain about

banking in Canada. Also, since many newcomers want to buy a home, we educate them on Canadian mortgages and how to avoid credit mistakes."

Today, Mr. Zhang is enjoying life in Canada, and whenever he has the chance, he speaks to others about the opportunities in Canada and "the friendly, open and trustworthy service I experience at Scotiabank."

That's good news for Isa Ho who teaches her Scotiabank team to, "Welcome every newcomer with a smile, speak their language, and serve them with our hearts."



With Scotiabank's help, Mr. Yuxiang Zhang is discovering a world of opportunities in Canada.

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK[®].



Enter for a chance to win one of five \$1,000 cash prizes.*

The **Scotiabank StartRight**[®] Program¹, specially designed for newcomers, helps you get started by offering a chance to win one of five \$1,000 cash prizes. Enter today at startright.scotiabank.com/srcontest.

Start Right Here. Find your nearest Scotiabank branch, visit scotiabank.com/startright or call 1-866-800-5159.

Scotiabank
StartRight[®]
PROGRAM FOR NEWCOMERS

BANKING • ESTABLISHING CREDIT • OWNING YOUR HOME • SAVING

1. The **Scotiabank StartRight** Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers. The **Scotiabank StartRight** Mortgage Program, created for Canadian Landed Immigrants and Foreign Workers from 0-5 years in Canada.
2. Offer available for one year when you open a new **Scotia One**[™] account with Scotiabank. Free banking means that we will waive your Monthly Account Fee only. All other fees not covered by your banking package will continue to apply, including additional fees charged by other financial institutions and access fees to use non-Scotiabank banking machines (e.g., **Interac**[®], **VISA**[®] or **PLUS**[®] fees). Cardholder service fees continue to apply for using cross border debit service. Please see the Day-to-Day Banking Companion Booklet for further details about these services and fees.
3. Subject to meeting Scotiabank's credit criteria and security requirements. An unsecured **VISA** card may be available up to certain credit limits; a secured **VISA** card requires security equal to 100% of approved credit limit for Foreign Workers and Permanent Residents and 120% of approved credit limit for International Students. **VISA** card security can be cash security, Canada Savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority.
© Registered trademarks of the Bank of Nova Scotia.
[™] Trademark of the Bank of Nova Scotia.
* **VISA** Int'Lic. User The Bank of Nova Scotia
** **Interac** Inc. owner of mark **Interac**. The Bank of Nova Scotia is an authorized user of the trademark.

© Registered trademarks of The Bank of Nova Scotia. 1. The **Scotiabank StartRight** Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers. * The Contest commences at 12:01 a.m. (ET) on April 2, 2012 and ends at 11:59 p.m. (ET) on March 31, 2013 (the "Contest Period"). No purchase is necessary. To enter this Contest, entrants must register online at startright.scotiabank.com/srcontest. There will be five (5) prizes awarded, each consisting of a one thousand dollar (\$1,000 CAD) cheque payable to each winner. A winner will be randomly selected on each of the following dates: June 18, 2012; September 10, 2012; November 19, 2012; January 28, 2013; April 8, 2013. Entrants in each draw period that have not been selected as a winner will be entered into the subsequent draw. Chances of winning depend on the total number of eligible entries at each draw date. This Contest is open to residents of Canada that have reached the age of majority in their province or territory of residence by the start of the Contest Period. Employees of The Bank of Nova Scotia, Aimia, Xerox Canada Ltd., Rapp (and persons domiciled with them and immediate relatives) are not eligible to enter. Only one entry per person is permitted. Correctly answering a skill-testing question is required to be officially declared a winner. For full Contest details, go to startright.scotiabank.com/srcontest.

Trying to keep 'Hélène effect' going

Inspired Ottawans.
7,000 registered as organ donors in last 3 months



JOE LOFARO
joe.lofaro@metronews.ca

Buoyed by the dramatic impact Ottawa's Hélène Campbell had on organ and tissue registrations in Ontario, the Trillium Gift of Life Network wants to

keep the momentum going by encouraging more Ontarians to become organ donors.

Before and after her double-lung-transplant operation earlier this year, Campbell used a Twitter hashtag, #BeAnOrganDonor, to raise awareness about organ donation, which won the support of celebrities like Justin Bieber and Ellen DeGeneres.

New data from the Ontario organ- and tissue-donor agency shows that more than 7,000 people in Ottawa registered to

Registration rate

23%

Ottawa's current organ-donor registration rate.

become donors over the last three months — a feat Trillium attributes to increased awareness.

"We think that a tremendous increase in awareness is a reflection of all the work that Hélène has done," said Ronnie

Gavsie, president and CEO of the Trillium Gift of Life Network.

Gavsie said the day after Campbell first appeared on the Ellen show, Trillium saw registrations skyrocket to 1,086. Typically, Trillium receives about 50 registrations per day.

From Feb. 16 to 23, they recorded 3,227 registrations.

"We call it the 'Hélène effect,'" said Gavsie. "But sustaining those high levels requires ongoing work."



Hélène Campbell is surprised by Ellen DeGeneres during a Skype interview that aired last February. Visit BeADonor.ca to join the movement. YOUTUBE.COM

PALACE FURNITURE GALLERY

A TOUCH OF ELEGANCE

\$99 SALE!



\$99

+ HST PER MONTH
24 MONTHS INTEREST FREE
O.A.C.

SOFA, LOVESEAT & CHAIR

AVAILABLE IN ESPRESSO AND CHOCOLATE BROWN

PRODUCT MAY NOT BE EXACTLY AS SHOWN

Visit store for huge selection of bedroom, dining and living room furniture.

401 Coventry Road at Belfast
613.746.9900

PALACE FURNITURE GALLERY

Monday-Friday: 11am - 8pm; Saturday:
10am - 6pm; Sunday: noon - 4pm



Liquor laws. It's like Ontario's 'Premier Dad' doesn't trust us to sell booze: Store owner

A petition signed by 112,500 Ontarians won't convince the provincial government to allow convenience stores to sell beer and wine.

The current government has no plans to change the rules, despite the petition circulated by the Ontario Convenience Store Association.

Chris Wilcox, vice-president and general manager of the Quickie chain, who acknowledged he has a financial self-interest in the issue, said the province and its retailers can handle the responsibility of selling beer and wine.

They'd have an extra incentive to comply with age restrictions because losing their licence to sell alcohol would be a deterrent, he said.

"It's like Premier Dad doesn't trust Ontarians to sell beer to Ontarians," he said.

JESSICA SMITH/METRO

Underage sales

Mystery shopping company Statopex sent underage shoppers into convenience stores to buy cigarettes and into LCBO and Beer Stores to buy beer. The stores passed if they didn't sell to minors. The pass rates:

- LBCO: 74.6%
- Beer Stores: 80.7%
- Convenience Stores: 87.3%
- Do you think the government has good reason for not changing liquor rules? Ask a friend or the person sitting next to you whether they agree!



Missing money, furniture

Priest's lawyer appears in court on his behalf in parish theft case

Father Joseph LeClair's lawyer appeared in court on his behalf Wednesday on theft and fraud charges stemming from his time leading the Blessed Sacrament Catholic Church.

Police now allege that between January 2006 and May 2011 cheques worth more than \$240,000 from the Parish were misappropriated by LeClair.

Another \$160,000 is unaccounted for, and \$20,000 of furniture and household items belonging to the parish were taken from the rectory when the parish priest left, police said.

His next scheduled court date was set for September. JESSICA SMITH/METRO

Trial begins

Man recruited homeless to cash fake cheques, Crown alleges

The trial for a man accused of using homeless and vulnerable people to cash fake cheques for him began Wednesday.

The Crown alleges Khaled Shegow recruited others to present forged cheques to banks on his behalf on two occasions.

The charges came after two men were arrested with a fake cheque at a downtown Royal Bank on Sept. 24, 2009.

The teller testified she believed the cheque was fake because the transit number was of a Toronto bank but the cheque bore the address of the Royal Bank on Montreal Road in Ottawa.

JESSICA SMITH/METRO



GoldWave GOLDBUYERS

OTTAWA'S #1 CHOICE FOR SELLING GOLD

WHAT WE BUY:

- Gold In Any Condition
- Broken Gold
- Damaged Gold
- Yellow Gold
- White Gold
- Chains, Rings, Pendants
- East Indian, Asian Gold
- Bullion
- Coins
- Gold Bars
- 10k, 14k, 18k, 21k, 22k, 24k GOLD
- Silver Jewellery
- Estate Gold
- Scrap Gold

AND MUCH MORE !

HOW IT WORKS...

1. Bring your unwanted, broken or damaged gold jewellery to our kiosk
2. Your items will be tested right in front of you by our staff
3. We will pay you CASH on the spot, it's that Simple!

CASH FOR GOLD!

Sample Purchase (A)

Purity was 22k

PAYOUT \$6,320



Sample Purchase (B)

Purity was 10k

PAYOUT \$620



Sample Purchase (C)

Purity was 14k

PAYOUT \$1,540



**SELL YOUR GOLD INSIDE
ST. LAURENT SHOPPING CENTRE
1200 ST. LAURENT BLVD**



**FIND US ON THE MAIN LEVEL
ACROSS FROM LAURA SECORD
AND THE LOTTO CENTRE**

BRING THIS COUPON TO
GET AN ADDITIONAL

15% MORE CASH



613-255-4638

HOURS: MON-SAT 9:30AM – 9PM

SUN 11:30AM – 5PM

www.goldwavestores.com



St. Laurent Shopping Centre
1200 St. Laurent Blvd.

Equality

Scotland to legalize gay marriage

Scotland's government has announced plans to legalize same-sex marriages.

The measure has backing from the major Scottish political parties. It follows a public consultation on the issue.

When enacted, Scotland

could become the first part of the U.K. to allow same-sex marriages.

The U.K. government has conducted a public consultation on legalizing same-sex marriages, and it has the backing of Prime Minister David Cameron.

But U.K. officials are waiting for the results of the public consultation before taking further steps.

THE ASSOCIATED PRESS

Ingenuity

Use of legal synthetic drugs up

People are inventing so many new, legal ways to get high that U.S. lawmakers can't seem to keep up.

Over the past two years, the country has seen a surge in the use of synthetic drugs made of legal chemicals that mimic the dangerous effects

of cocaine, amphetamines and other illegal stimulants. Some are imported cheaply from China or India.

The drugs are often sold at small, independent stores in misleading packaging that suggests common items like bath salts, incense and plant food but they are powerful, mind-altering drugs that have been linked to bizarre and violent behaviour. THE ASSOCIATED PRESS

National security

Surveillance info no longer public

The curtains at Canada's most secretive federal agency have been drawn a little tighter. The government has quietly stopped telling Canadians about the annual priorities of the national electronic eavesdropping agency — meaning scant details of

its mission, once public, are now classified.

Communications Security Establishment Canada has the dual role of monitoring foreign computer, satellite, radio and telephone traffic, as well as helping protect federal computer systems. For years, a section of the Defence Department's plans and priorities report spelled out the agency's priorities.

THE CANADIAN PRESS

Gun sales surge across U.S.

Aurora theatre massacre.

While the shootings have stirred debate on gun control, Washington stays mum

Firearms sales are surging after last week's Colorado theatre massacre as buyers fear that politicians may use the shootings to seek new restrictions on owning weapons.

Some Democratic lawmakers in Congress cited the shooting as evidence of the need for tougher gun control laws — particularly a ban on high-capacity ammunition magazines. Congress, however, hasn't passed strict legislation in more than a decade, and leaders in Washington show no sign of bringing up such measures any time soon.

In Colorado, where Friday's shooting killed 12, gun sales jumped in the three days that followed. The state approved background checks for 2,887 people who wanted to purchase a firearm — 25 per cent

Other parts of the U.S.

- **Florida.** Recorded 2,386 background checks, up 14 per cent from week prior.
- **Oregon.** Sales up 11 per cent over last month.
- **California.** Background checks up 10 per cent over last month.

more than the average Friday-to-Sunday period in 2012 and 43 per cent more than the same interval the week prior.

Dick Rutan, owner of Gunners Den in Arvada, Colo., said requests for concealed-weapon certification "are off the hook." His course in gun safety, required for certification for a concealed-weapons permit in Colorado, has drawn double the interest since Friday.

"What they're saying is, they want ... the ability to protect themselves and their families if they are in a situation like what happened in the movie theatre," Rutan said. THE ASSOCIATED PRESS



Actor Christian Bale and his wife, Sibi Blazic, at a site dedicated to Veronica Moser-Sullivan, 6, the youngest of the 12 victims of Friday's mass shooting, at a memorial in Aurora, Colo., on Tuesday. TED S. WARREN/THE ASSOCIATED PRESS

Eldest victim**First funeral held**

A dad who took his teenage children to the new Batman movie and was killed when a gunman opened fire was mourned Wednesday, the first memorial service for a victim of the shootings.

Fifty-one-year-old Gordon Cowden was the oldest of the 12 people killed. His teenage children escaped unharmed.

A family statement described him as a "true Texas gentleman" who loved the outdoors and owned his own business.

Funerals were planned in towns from San Antonio, home of aspiring sportscaster Jessica Ghawi, to Crystal Lake, Ill., hometown of Navy intelligence officer John Thomas Larimer. THE ASSOCIATED PRESS

North Korea. Mystery woman wife of leader

North Korea ended weeks of speculation Wednesday by confirming that the mystery woman beside young leader Kim Jong Un at recent public events is indeed his wife, "comrade Ri Sol Ju." The news

was buried in a state TV report about Kim's tour of an amusement park, delivered casually by a newscaster who gave no details about Ri, including how long she and Kim have been married. THE ASSOCIATED PRESS

London. Boy gets to Italy without ticket, passport

The 11-year-old boy didn't have a passport, didn't have a ticket, didn't have a boarding pass, and got all the way from England to Italy on his own.

For him, the 1,700-kilometre journey was a great

adventure. "He was chatting away about being off by himself," and passengers alerted the cabin crew, Russell Craig, a spokesman for Manchester Airport, said Wednesday.

THE ASSOCIATED PRESS

Montreal. Public funeral for Lin to be held today

A public funeral will be held Thursday for Jun Lin, whose slaying grabbed national attention after his body was dismembered and parts were mailed to two Canadian cities.

The service will be held at a

Montreal funeral home.

Lin studied computer science at Concordia University, which is helping raise funds for his family and is setting up an award in his memory.

THE CANADIAN PRESS

Prepare for your future

Management Development Program for Women

Professional part-time program. Bursaries available.

For more information, please call 613-520-2650.

www.sprott.carleton.ca/mdpw/



Centre for Research and Education on Women and Work





More saving. More doing.®

ENJOY THE
SUMMER
WITH THESE

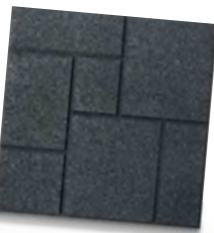
HOT DEALS

► Prices valid until Wednesday, August 1, 2012, unless otherwise noted.

**LOWER
PRICE**

**NOW
\$6.99**

~~WAS
\$7.99~~



ENVIROTILE® • Grey • 18" x 18"
• Cobblestone pattern • Will not warp, crack, chip, peel, break or crumble (1000661410)

**LOWER
PRICE**

**NOW
\$6.48**

~~WAS
\$7.98~~



WILSON® AntOut®
Ant Killer Dust • 200g
• Effective formula • Indoor and outdoor use (1000666620)

**LOWER
PRICE**

**NOW
\$8.29**

~~WAS
\$9.99~~



Deep Woods® OFF!® Aerosol • 230g
• Ideal for use during long term activities when bugs are at their worst • Repels mosquitos, black flies, stable flies, gnats, chiggers and fleas (1000449836)

**SPECIAL
BUY**

\$99

CLEANFORCE®
1400 PSI Electric Pressure Washer
• 1.4 GPM • On-board detergent tank (1000729230) **While quantities last.**



clearance

While quantities last!
Off our regular prices. Valid on In-Stock products only. Selection varies by store. Sorry, no rain checks. See below for details!

**NOW
\$198**

~~WAS
\$298~~

HAMPTON BAY Freemont
8-Piece Dining Set • Includes dining table, 6 spring sling chairs and crank/tilt market umbrella (1000676000)



**NOW
\$499**

~~WAS
\$599~~

MARTHA STEWART LIVING™
Milford 8-Piece Dining Set
• Includes 4 padded sling dining chairs, 2 padded sling swivel rockers, 70"L x 40"W dining table and 9' umbrella (1000708496)



**NOW
\$1399**

~~WAS
\$1649~~

JOHN DEERE D100 17.5 HP 42" Lawn Tractor
• Single cylinder • Briggs & Stratton® engine (1000678002)

**NO INTEREST
+ IF PAID IN FULL WITHIN
12 MONTHS**
See in-store for details.

**NOW
\$9**

~~WAS
\$14.99~~

GRACIOUS LIVING™
Pine Hurst Chair
• Earth (1000658235)



**NOW
\$21**

~~WAS
\$29~~

Burlingame Chair
• 22"W x 25-1/2"D x 35-1/2"H (1000708776)



**NOW
\$799**

~~WAS
\$999~~

Summit Shed • 8'W x 9'D x 8'H
• Includes floor panels (1000730181)



**NO INTEREST
+ IF PAID IN FULL WITHIN
12 MONTHS**
See in-store for details.

**NOW
\$199**

~~WAS
\$329~~

ARIENS® 21" 2-In-1 Front Wheel Drive Mower • Kohler® 173cc 4-cycle OHV engine
• Mulch, bag or side discharge (1000665500)



2-YEAR WARRANTY

2 YEAR FULL COVERAGE WARRANTY
3 YEAR POWERTRAIN WARRANTY
3 YEAR TRU-START COVERAGE WARRANTY

**NOW
\$269**

~~WAS
\$329~~

LAWN-BOY® 20" Push Lawn Mower
• Kohler® engine • Smart Start® auto choke system (1000681114)



**NOW
\$499**

~~WAS
\$599~~

WEBER® Spirit® E-310 3-Burner Propane Gas BBQ
• 36,000 BTUs • Porcelain-enamelled lid with black-painted cast aluminum end caps (1000545369)
• Natural Gas (1000545366) **NOW \$549 WAS \$649**



► 536 sq. in. of total cooking area

MARTHA STEWART LIVING™ and the MARTHA STEWART Circle Logo™ are trademarks of Martha Stewart Living Omnimedia, Inc. Copyright © 2012 Martha Stewart Living Omnimedia, Inc. All rights reserved.
*Offer valid at The Home Depot Canada. Offer does not include clearance products. Not valid in combination with any other offer. Some exceptions may apply. Selection varies by store and quantities are limited. Offer valid to Canadian residents only. No substitutions or rain checks. See Store Associate or Special Services Desk for details or visit homedepot.ca. Prices may vary after Wednesday, August 1, 2012 if there are any market variations.
We reserve the right to limit quantities to the amount reasonable for homeowners and our regular contractor customers.

FIND MORE
at homedepot.ca

Greek athlete expelled over racist tweets

Track. Olympian's apologies come too late as politicians call for her removal

Triple jumper Voula Papachristou was expelled from Greece's Olympic team Wednesday for her comments on Twitter mocking African immigrants and expressing support for a far-right party.

The Hellenic Olympic Committee said Wednesday that Papachristou had been excluded from the team "for statements contrary to the values and ideas of the Olympic movement."

"It's the same as violating

fair play," Isidoros Kouvelos, the head of Greece's Olympic mission, told Greece's Skai. "We are not here just to get medals, but to promote the Olympic ideals, to show our character."

Papachristou's Twitter account contained several retweets and links promoting the views of Golden Dawn, a formerly marginal extreme-right party.

But it was her attempt at a joke Sunday that went viral. Commenting on the widely reported appearance of Nile-virus-carrying mosquitoes in Athens, Papachristou wrote: "With so many Africans in Greece, the West Nile mosquitoes will be getting home food!!!"

After the comments and the ensuing uproar, the Hellenic

Damage control

"We are not here just to get medals, but to promote the Olympic ideals."

Isidoros Kouvelos, head of Greece's Olympic mission

Olympic Committee banned all Greek athletes from using social media to express any personal opinions not related to the Olympics.

Papachristou's attitude changed completely Wednesday and she posted six apologetic tweets in less than two hours. The decision to pull the 23-year-old from the team, however, was irreversible.

THE ASSOCIATED PRESS



Greece's Voula Papachristou at the women's triple jump final at the European Athletics Championships in Helsinki.

MATT DUNHAM/THE ASSOCIATED PRESS FILE

THURSDAY, JULY 26 TO SUNDAY, JULY 29

Free wheeling

Buy 1, Get 1

Free

SAMSONITE Century
4-wheel spinner luggage piece

Reg. \$129.97 to \$179.97

While quantities last. Free item must be of equal or lesser value.

Buy 1, get 1 Free offer available in store only. Brands and styles represented will be reflected as 50% off online.

Shop online

Plus, 50%–70% off
Other luggage

Excludes Victorinox and items with 97¢ price endings.



Visit thebay.com for our online catalogue with this week's offers on designer bedding, appliances, kitchenware and more home.

the **Bay**

THEBAY.COM



twitter.com/thehudsonsbayco



facebook.com/hudsonsbaycompany



A damaged vehicle from clashes between Free Syrian Army soldiers and Syrian government troops is seen at the border town of Azaz, north of Aleppo, on Tuesday. THE ASSOCIATED PRESS/TURKPIX

Ban Ki-moon urges world to stop the 'slaughter' of Syrians

UN. General-Secretary says world failed to prevent similar tragedy in Bosnia, calls for Assad to step down

UN General-Secretary Ban Ki-moon said Wednesday the world must unite in its response to Syria's civil war and do all it can to stop what he called the slaughter taking place there.

Speaking in Sarajevo, Ban said other countries intervened in Libya and the Ivory Coast to stop widespread killing there, but failed during Bosnia's 1992-95 war to prevent Bosnian Serbs from killing more than 8,000 Muslim Bosniaks in Srebrenica while the town was officially under UN protection.

But Ban did not say in his speech exactly what the international community should

Quoted

'Quite simply, we must do better at seeing atrocities coming and telling it like it is. We cannot take refuge behind strong words and weak action.'

Ban Ki-moon in a speech to Bosnia's parliament

do in Syria beyond already calling for Syrian President Bashar Assad to step down. He also did not criticize Russia and China by name for vetoing a Western-backed UN resolution threatening Assad's regime with sanctions.

"We must work to prevent and respond to grave violations of international humanitarian law. That is why we acted in Libya. We acted in Cote d'Ivoire (Ivory Coast). Today, the international community

is being tested in Syria," Ban said in a speech to Bosnia's Parliament.

As he spoke, Syrian tanks attacked insurgents in Aleppo, Syria, in an effort to end a five-day rebel fight to take the city. Activists say that Syria's 16-month-old uprising has killed 19,000 people.

The UN chief urged the international community to act together to take what he called "meaningful action."

"Without unity, there will be more bloodshed. More deadlock means more dead," Ban said. "That is why, here in the heart of a healing Bosnia and Herzegovina, I make a plea to the world: Do not delay. Come together. Act. Act now to stop the slaughter in Syria."

An international airstrike campaign in Libya last year helped its rebels end the 40-year erratic leadership of strongman Moammar Gadhafi. THE ASSOCIATED PRESS

Biological weapons

'Post-Assad Syria' talks underway

Foreign Affairs Minister John Baird says discussions about a "post-Assad Syria" are underway, including what to do about the stockpile of chemical and biological weapons held by the country's regime.

Baird said Canada is working with allies to ensure the weapons don't fall into the wrong hands as the conflict reaches a climax.

THE CANADIAN PRESS

Civilian population

Aleppo attacks 'heinous,' White House says

The White House says the Syrian government's assault on Aleppo with tanks and airplanes illustrates "the depth of depravity" of President Bashar Assad's regime.

White House spokesman Jay Carney said Assad was used his forces to "perpetrate heinous violence" against the city's civilian population.

THE ASSOCIATED PRESS

Fear

Israelis line up for gas masks

Israelis rushed to get government-issued gas masks Wednesday, the latest sign of mounting fears that Syria's chemical weapons stockpiles could be used against them as the crisis there deepens.

Syria threatened to unleash chemical and biological weapons if faced with foreign attack. Syria is believed to have nerve agents and mustard gas.

THE ASSOCIATED PRESS



How much do you pay for your Home Phone Line?

- All Features FREE
- Keep your existing phone number



Limited Time Offer
6 Months FREE



Unlimited Global

Unlimited long distance to almost 60 countries. Now including Pakistan & India

\$29.95
/month

Unlimited Local



Unlimited local calls plus over 14 FREE features including FREE Voicemail, FREE caller ID and more.

\$14.95
/month

Unlimited Canada



All the features FREE plus unlimited Canada-wide long distance

\$19.95
/month

Download our Comwave Mobile App
3 Days Free Trial



BlackBerry App World



Ranked #1
Home Phone Service
Consumer Choice Award

613-216-6096
www.comwave.net

While Comwave strives for accuracy in our advertising, Consumers reserve the right to correct errors in pricing or information at any time. LIMITED OFFER: \$29.95 (2011) has no other limitations or restrictions. All 411. All Unlimited Plans do not include calls to the U.S., Canada, Mexico, and Puerto Rico. The 6 Month Free Promotion is based on a 29.95 rate and includes a 30-Day Trial Period. Once the trial period is over, you will be charged the full rate. If you cancel your service within the first 30 days, you will receive a refund of the trial period. If you cancel your service after the trial period, you will receive a refund of the trial period. A combination of factors is used to determine consumer use. Unlimited usage is subject to our reasonable usage policy and terms of service. Some restrictions may apply. See www.comwave.net for details.

1



Did you know? Is a certified official for both hockey and swimming. CONTRIBUTED

2



Did you know? Is the youngest premier in Canada.
CHARLOTTETOWN GUARDIAN

3



Did you know? Is a former university professor of social work. METRO FILE

4



Did you know? Married their high school sweetheart in 1980.
THE CANADIAN PRESS

5



Did you know? Was the youngest federal cabinet minister in Canadian history in 1986. THE CANADIAN PRESS

6



Did you know? Owns an arts and crafts store and used to be a reporter for CBC. CONTRIBUTED

7



Did you know? Went to university for social work but never graduated. THE CANADIAN PRESS

Scoring box

How many could you identify?

- 13. You should run for Prime Minister.
- 10-12. Canadian politics is your thing.
- 7-9. Might want to consider reading the newspaper a bit more.
- 4-6. Sign-up for a Canadian politics course — now.
- 1-3. Good enough to warrant a Senate appointment.
- 0. Sad. You couldn't even name your own premier.

Can you name that premier?

9



Was the first person in their family to attend university. METRO FILE

11



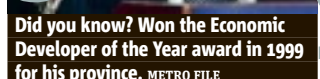
Raises purebred Hereford cattle in his spare time. THE CANADIAN PRESS

13



Did you know? Also president of a recreational hockey league and a golf club. CONTRIBUTED

8



Did you know? Won the Economic Developer of the Year award in 1999 for his province. METRO FILE

10



Left the political world for five years to host an afternoon radio talk show. METRO

12



Was appointed to administer Afghanistan's first parliamentary elections in 2005. METRO

- Answers
1. Darrell Pasloski — Yukon
 2. Robert Ghiz — Prince Edward Island
 3. Gregory Selinger — Manitoba
 4. Dalton McGuinty — Ontario
 5. Jean Charest — Quebec
 6. Eva Aarvik — Nunavut
 7. Kathy Dunderdale — Newfoundland and Labrador
 8. Brad Wall — Saskatchewan
 9. Darrell Dexter — Nova Scotia
 10. Christy Clark — British Columbia
 11. David Alward — New Brunswick
 12. Alison Redford — Alberta
 13. Bob McLeod — Northwest Territories

FRENCH, ENGLISH as a
SECOND LANGUAGE

PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (9 LEVELS)

Week of September 24, 2012

Evenings: 6 pm to 9 pm (9 Levels)

Saturdays: 9am to noon (6 Levels)

ENGLISH AS A SECOND LANGUAGE (6 LEVELS)

Week of September 24, 2012

Evenings: 6 pm to 9 pm

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (4 Levels)

August 7 to August 31, 2012

Level 1 and 3 — 12:30 pm to 3:30 pm;

Level 2 and 4 — 9 am to noon;

Level 5 and 6 - please check our website

September 10 to October 5, 2012

Level 1 — 9 am to noon;

Level 2 — 12:30 pm to 3:30 pm

Level 5 and 6 - please check our website

FEES: \$30.00

(Immigrants, new Canadians, Refugees whose language is neither English nor French)

Éducation Permanente
181 Donald St., Ottawa
Tel. 613-741-2304 ext. 3
Fax 613-741-2191


www.educationpermanente.ca

Henderickx's



nofrills
lower food prices

nofrills.ca

**WON'T
BE
BEAT®**

1226 Place D'Orleans Dr.
(across from Place D'Orleans mall)

If you find a cheaper price, simply show us and we will match.

[illegible]

Loblaw to open 700 Joe Fresh stores in the U.S.

Grocery chain.

Canadian brand announces partnership with U.S. retailer J.C. Penney as it ramps up its fashion line

Loblaw Companies Ltd. plans to unveil about 700 Joe Fresh stores in the U.S. next year as Canada's largest grocery chain works to ramp up sales of its hip fashion line to help bolster earnings that dropped by 19 per cent in its most recent quarter.

Loblaw's Joe Fresh clothing brand announced Wednesday it has formed a partnership with U.S. retailer J.C. Penney Co. to open 700 stores in the U.S. in 2013 that will run for four years.

The move comes amid a

Across Canada

Loblaw, a subsidiary of George Weston Ltd., operates more than 1,000 stores across Canada under numerous banners, including Great Canadian Super Store, Provigo, No Frills and Atlantic Superstore.

- The company employs 138,000 full- and part-time workers.

massive overhaul of Loblaw's information-technology and supply-chain software system that is set to cost the company billions.

The capital-intensive rollout, along with a hyper-competitive grocery market in Canada, has eaten into its bottom line.

Loblaw reported second-

quarter net earnings of \$159 million, or 56 cents per diluted share, down almost 19 per cent from the \$197 million earned in the same period in 2011.

That missed analysts' calls for earnings of 62 cents per share by five cents.

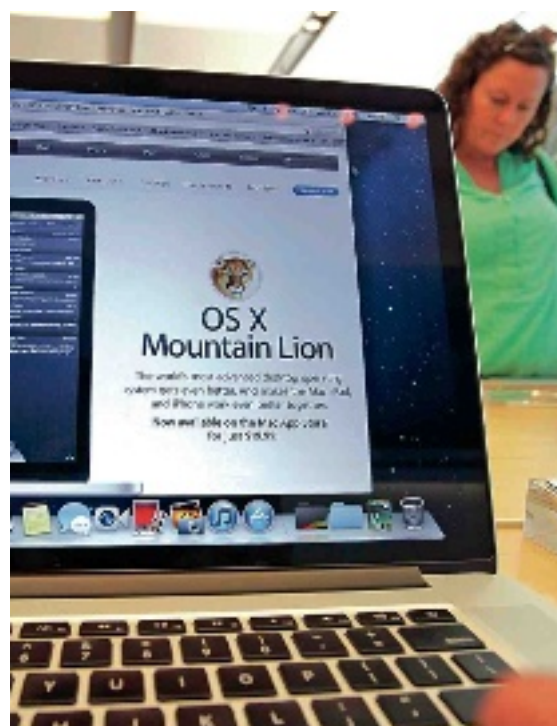
Shares fell 1.5 per cent, or 47 cents, to close at \$31.45 on the Toronto Stock Exchange.

"While I'm not happy that earnings are down, we are on plan," said Loblaw president Vicente Trius on a conference call Wednesday.

Revenue came in at \$7.37 billion for the period ended June 16, an increase of 1.3 per cent from the \$7.28 billion over the second quarter of 2011.

Retail sales and same-store sales grew 1.1 per cent and 0.2 per cent, respectively.

THE CANADIAN PRESS



Mountain Lion leaps from iPhones to computers

A customer looks at the new OS X Mountain Lion operating system at an Apple store in Palo Alto, Calif., Wednesday. Apple Inc. released its new operating system for Mac computers on Wednesday, with features borrowed from mobile devices and a tighter integration with online file storage. The new software narrows the gap between the PC and phone software packages, making Mac personal computers work more like iPhones and iPads. PAUL SAKUMA/THE ASSOCIATED PRESS

Agriculture

Drought predicted to push food prices

The U.S. government is projecting the record drought gripping half the country will help push food prices up by three per cent to four per cent next year.

Figures released by the Department of Agriculture on Wednesday show that beef prices are expected to see the biggest jump at four per cent to five per cent.

Dairy product prices are expected to climb 3.5 per cent to 4.5 per cent. Poultry prices are expected to rise three per cent to four per cent. THE ASSOCIATED PRESS

Market Minute

DOLLAR
98.5¢ US (+0.5¢)

TSX
11,492.51 (+25.56)

OIL
\$88.97 US (+47¢)

GOLD
\$1,608.10 US (+\$31.90)

Natural gas: \$3.07 US (-11.7¢)
Dow Jones: 12,676.05 (+58.73)

Canada's

National Notary Public

Company

Notarization & Legalization

Over 100 Locations Across Canada



Scan and Save



Fingerprinting

Background Checks

Land Title Searches

Authentication & Legalization (Apostille)

Consent to Travel

1-888 922-7325

Mobile Notary

Certified True Copies

E-Document Certification

Notarization & Commissioners of Oaths

Affidavits

Visa & Passport Processing

RedSeal Notary.com

Oil. Industry minister to review \$15B US Nexen bid

Canada's industry minister isn't dropping any hints about whether he will approve or reject a Chinese state-owned company's multibillion-dollar bid for Calgary-based Nexen Inc.

And just like Prime Minister Stephen Harper, Christian Paradis is warning Canadians not to jump to any conclusions about which way it will go.

Paradis says he'll wait until he reviews an application from China National Offshore Oil Company — also known as CNOOC Ltd. — before deciding whether or not to green-light

The bottom line

"It has to be for the net benefit of this country. This is the bottom line here."

Industry minister Christian Paradis on Chinese company's bid for Nexen Inc.

the \$15.1-billion US transaction.

CNOOC's proposed all-cash takeover of oil and gas producer Nexen was a friendly bid, offering shareholders a 60-per cent premium on their holdings. THE CANADIAN PRESS

Trade. Canada pushes for relations with Myanmar

After years of imposing tough sanctions, Canada announced a push Wednesday to open up economic relations with Myanmar, saying International Trade Minister Ed Fast and a delegation of business leaders would travel to the strategically placed Southeast Asian nation in September.

Fast will be the first cabinet minister to visit the country since trade sanctions were eased at the end of April and Canada announced it would open an embassy in the capital, Rangoon, in recognition of Myanmar's moves to improve hu-

Closed door

Firms at a closed-door round table meeting in Toronto included Research In Motion, SNC-Lavalin, Bombardier and consulting firms Nextep Strategy Inc., Prudential Consulting Inc. and Deloitte.

man rights and democracy.

However pro-democracy and human rights groups are warning that Myanmar is still facing serious human-rights issues. THE CANADIAN PRESS

YOU COULD

WIN* A RETURN FLIGHT FOR 2 TO NEW YORK CITY VIA LAGUARDIA AIRPORT WITH WESTJET

Multiple flights daily!

Land just 15 kms from downtown Manhattan.

To register visit

clubmetro.com



*No purchase necessary. Terms and conditions apply. For full contest details and terms and conditions, visit clubmetro.com

WESTJET



"WIND gave me a way cooler phone with more talk and data for \$20 cheaper than my old wireless carrier. Thanks WIND."

- Mary-Beth K. of Toronto
WIND CUSTOMER SINCE DECEMBER 2010

THAT'S THE POWER OF



Offer
extended
until
July 31st

JOIN FOR THE SAVINGS, STAY FOR THE SAVINGS.

GET UP TO \$200 IN SERVICE CREDITS WHEN YOU JOIN WIND TODAY.

up to
\$200
in service
credits

.....
It pays to join WIND by July 31st. Get any of our awesome phones on WINDtab™, sign up for our \$40 unlimited Canada-wide plan and you'll receive up to \$200 in service credits.
.....



NOKIA : \$0
LUMIA : on WINDtab™

HUAWEI : \$0
8651 : on WINDtab™

SAMSUNG : \$299
GALAXY S III™ : on WINDtab™

SAMSUNG : \$99
GALAXY NEXUS™ : on WINDtab™

BLACKBERRY® : \$0
BOLD™ 9790 : on WINDtab™

Find more information and your nearest store at

WINDmobile.ca

Offer ends July 31st, 2012. To be eligible for this promotion activate a new number or port-in your existing number and purchase any phone on WINDtab with our \$40/month plan in person at a WIND retail store during the Promotion Period. Up to \$20 will be credited to your active account every month for 10 months starting with your first bill. The credit is applicable to monthly add-ons and pay per use charges only and not towards your monthly plan fee. This offer is available to Pay After account holders only. Your account must be in good standing and you must keep the number you activated and the \$40 plan in order to receive the credit. This promotion is available at WIND retail locations only. This offer cannot be combined with any other promotional offers. All services subject to WIND's terms of service, fair usage policy, and internet traffic management policy and are for personal use by an individual. Applicable taxes extra. Other conditions apply. Full details at WINDmobile.ca. ©2012 Nokia. Nokia and Nokia Lumia 710 are registered trademarks of Nokia Corporation. © 2012 Samsung Electronics Canada, Inc. Samsung and Samsung Galaxy S III are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. BlackBerry®, Bold™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. WIND, WINDtab and WIND MOBILE are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. All other trademarks are the property of their respective owners. © 2012 WIND Mobile.

Can movies save RIM's Playbook?

Tech troubles.

Research in Motion takes yet another hit as the New York Times does away with its BlackBerry app

Can Hollywood blockbusters help save the PlayBook?

BlackBerry maker Research in Motion has launched a new movie-store app for owners of its tablet, which has struggled to gain market share since it launched last year.

The lack of a movie store and the lack of native email were two of the chief criticisms of the tablet when it was first launched. The email issue was solved this February with the unveiling of the new PlayBook 2.0 operating system.

The BlackBerry Video Store, run by Rovi Entertainment, was launched in the U.S. earlier this year, but made its Canadian debut Wednesday.

According to a spokesperson, users can sample before they purchase, with movie and TV trailers available free of charge. Happy Feet 2 and Sherlock Holmes: Games of Shadows, were among the thousands of movies available for rent or purchase.

"Customers ... won't have to wait for the entire file to transfer before they can begin enjoying great entertainment," said

spokesperson Nick Manning in an emailed statement.

Meanwhile,

Tablet market

According to a recent study from Strategy Analytics, Apple's iPad has roughly 68 per cent of the global tablet market, with tablets running Google's Android operating system in second, with 29.3 per cent. Microsoft tablets have 1.2 per cent share, while the "other" category, including PlayBook, also has 1.2 per cent.

RIM's BlackBerry took a hit in the content department Wednesday with news the New York Times was jettisoning its BlackBerry app, while keeping its iPhone and Android apps.

RIM executive Martyn Mallick said BlackBerry is still a good way for newspapers to engage their readers, despite the NYT decision.

"Our base of 78 million BlackBerry users worldwide represents a significant opportunity for content partners to reach their audiences."

"There are more than 2,100 news and information apps for North America alone," Mallick said in an emailed statement.

TORSTAR NEWS SERVICE



Peugeot protest takes over heart of Paris

Workers for French automaker PSA Peugeot Citroen march past the Arc de Triomphe in Paris during a demonstration on Wednesday. Tough conditions in Europe pushed Peugeot Citroen into a first-half loss of \$990 million US, just as the company is facing off with the French government over a restructuring plan. The company, which makes two-thirds of France's cars, is in a tailspin as the deepening European recession takes a toll on its business. JACQUES BRINON/THE ASSOCIATED PRESS

Sour note. Lady Gaga sued over doll deal

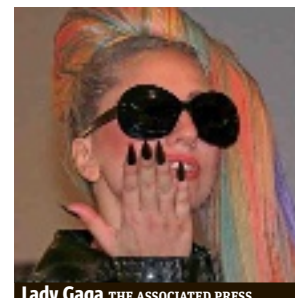
A toy company is suing Lady Gaga for more than \$10 million US, claiming the pop star sabotaged a deal to make a doll in her outlandish likeness that would also play snippets of her music.

In a suit filed in New York City on Tuesday, MGA Entertainment, the maker of the popular Bratz doll line,

said it paid a \$1-million advance to the company that handles Gaga's merchandising and spent a mint racing to meet deadlines to ship the dolls this summer.

The toy maker said the plan was derailed in the spring when the merchandiser, Bravado International, abruptly tried to back out of the part of the deal allowing the dolls to use the singer's music. MGA said Bravado then tried to delay sales of the doll until next year, when her new album is expected to be released.

The toy company



Lady Gaga THE ASSOCIATED PRESS

pany claimed the singer's representatives ultimately stopped co-operating with the project while she went on a world tour.

A representative for Lady Gaga called the lawsuit "ill-conceived" and said there was "no legitimate reason" to drag the singer into a dispute primarily between MGA and Bravado, a subsidiary of Universal Music. THE ASSOCIATED PRESS

Real estate. Prices may fall by 25 per cent: Report

If the Canadian real-estate market continues to cool, house prices could see substantial declines next year and could fall by as much as 25 per cent over the long term, according to an report released Wednesday by Capital Economics.

Canada's real-estate market is showing signs of cooling off following a post-recession boom sparked by a move to ultra-low interest rates. Both national home sales and the average home price were down year-over-year last month, indicators that the national market could be slowing.

THE CANADIAN PRESS

Media. Newsweek reviewing its future

The head of the company that owns Newsweek says the publication is examining its future as a weekly print magazine.

During a conference call with analysts Wednesday, IAC/InterActiveCorp chairman Barry Diller said that while Newsweek's brand is strong around the world, producing a weekly news magazine in print form isn't easy.

Diller said IAC is examining all options for Newsweek and will have a plan in the coming months. He said little about what those options were. Short of going online-only, Newsweek could publish fewer print editions. "I can't tell you in what ways it will be different, but it will be different," Diller said during the call, which was held to discuss IAC's quarterly earnings.

THE ASSOCIATED PRESS

FINALLY, AN AFFORDABLE PERMANENT ROOF SOLUTION

Asphalt roofs have an average life expectancy of only 9-14 years! Wakefield Bridge steel shingles are designed as an alternative to common asphalt shingles, but with the toughness and long-lasting qualities of high-strength steel. With our 50-year warranty, these new steel shingles may very well be the last roof you install on your house for as long as you live!

• REDUCED ENERGY COSTS • INCREASED RESALE VALUE • MAINTENANCE FREE • 100% MADE IN CANADA •

Call us today for a no obligation appointment 1-855-858-2939

No fancy sales gimmicks, no tricks, just an honest price from Canada's premier manufacturer and supplier of steel roofing.

Mention this ad when you call, and we will cover the HST!



A PREVIEW OF OLYMPIC PROPORTIONS



HE SAYS...
John Mazerolle
metronews.ca/hesays

How will London cope this week as it's hit with pollution, traffic congestion and rabid media attention for the first time in history?

This and other questions will be answered as the Triple-X Olympiad officially gets underway Friday. We don't trust you to watch the right events and have the proper emotional reaction to them, so here's a list of the biggest storylines we demand you watch for.

Are they ready? The Olympics are home to some dependable traditions, and one of the most consistent is the Lamenting of the Games. Before every Olympics, the media make it sound like the runners will have their times slowed by wet cement and divers will be jumping into empty swimming pools, their falls broken by contractors desperately trying to get the host city ready.

In London, the biggest problem appears to be security, which was thrown into shambles when it was revealed that a key security firm didn't have enough people and was handing out sashes that said "hall monitor" to anybody who asked.

Now they've called in the army, because nothing makes people feel secure like soldiers in the streets.

If things work out, the media will call it a miracle of Olympic proportions. If things don't work out, the media will call it a catastrophe of Olympic proportions. (We're on tight deadlines.)

Open questions. The opening ceremonies have become an important show of national pride for the host country. Can Britain's gymnasts and interpretive dancers do justice to Britain's food, emotion and weather? One organizer gave a tantalizing hint when he promised "more shades of grey than you've ever seen."

All-time record? If American swimmer Michael Phelps dominates, he'll become the most decorated Olympian ever. This will be a major embarrassment for Canada, because Phelps will surpass the total distance travelled by Canada's submarine fleet.

Hoop dreams. It promises to be a special moment when the world puts aside its differences, joins hands and prays for the humiliating defeat of the U.S. basketball team. The chance to cheer against Kobe Bryant and LeBron James simultaneously is rare and should be cherished.

Star watch. World-famous athletes won't be the only celebrities, as entertainment superstars descend on London including uber-couple Brad Pitt and Angelina Jolie. Watch for North Korean athletes to wander near Jolie in hopes she'll adopt them.

Whither Canada? Sportswriters went all gooey during the Vancouver Games about how Canada had finally come of age — just like we did during Vimy Ridge, the Second World War, Expo '67, Summit Series '72 and that "Joe Canadian" Molson commercial. I thought that was mostly hooey because Canada won the most gold medals; it's easy to stand up loud and proud when you're winning. Since Canada doesn't do as well at the Summer Olympics, here's our big chance to reveal our true patriotism. Otherwise we're just Phoenix Coyotes fans on a playoff run.

That said, I trust we'll see lots of Canadians standing on the podium. Assuming it's constructed on time.

Travelling in London an Olympic sport?



CHARLIE RIEDEL/THE ASSOCIATED PRESS

Summer Games

VIP lanes, the Tube cause delays

Wednesday saw an uncertain test of the British capital's Olympic transport plan, as lanes reserved for Olympic VIPs came into force two days before the start of the Games and the city's creaky subway system struggled with glitches.

Traffic jams blocked some of the main routes into the city as the wildly unpopular "Games Lanes" took effect. The 48 kilometres of lanes are to operate from 6 a.m. to midnight throughout the Games, and cars or taxi cabs

that stray into them face a \$200 US fine.

Thousands of London drivers have switched to public transport, only to encounter severe delays on several underground subway lines caused by power-supply problems and signal failures. Severe delays were reported Wednesday on the city's Central and Hammersmith subway lines.

Transportation is London's weak spot: Traffic often clogs up on its narrow, historic roads, bus schedules can change at a moment's notice, and the famous Underground suffers from daily delays and infrastructure that in parts is more than a century old.

THE ASSOCIATED PRESS

Criticism over designation

- The International Olympic Committee had specifically demanded VIP road lanes be created after learning lessons from previous Games.

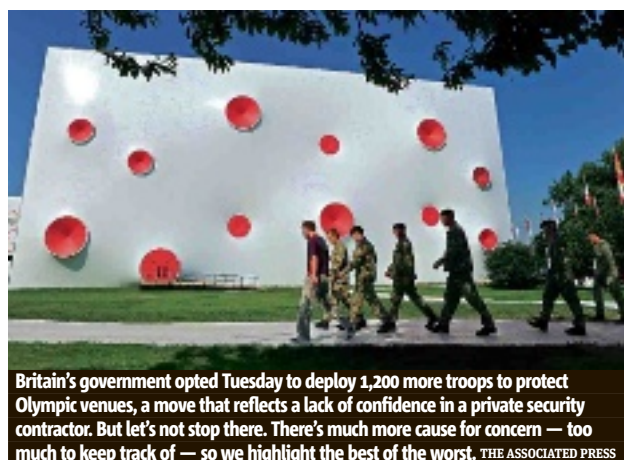
- In London, some of the loudest opposition to the Olympic VIP lanes has come from the city's cabbies, who have staged two recent demonstrations that brought central London traffic to a standstill. They say being banned from Olympic lanes jeopardizes their business.

Hanging on a wire

Cable car stranded above Thames

Cable-car passengers got plenty of time to view London's sights after the system linking two Olympic venues broke down and left them stranded above the River Thames Wednesday.

The cable-car system, dubbed the Emirates Air Line, opened last month and links the O2 Arena in Greenwich — which will host Olympic basketball and gymnastics — and the ExCel exhibition centre, where boxing will take place. THE ASSOCIATED PRESS



Britain's government opted Tuesday to deploy 1,200 more troops to protect Olympic venues, a move that reflects a lack of confidence in a private security contractor. But let's not stop there. There's much more cause for concern — too much to keep track of — so we highlight the best of the worst. THE ASSOCIATED PRESS



Register at metropolitanpanel.ca and take the quick poll

What's the most important factor in choosing a bank?

0% ACCESSIBILITY

33% INTEREST RATES

50% CUSTOMER SERVICE

17% SERVICE FEES

Twitter

@richardburcher: ●●●●●
hey #ottawa looking for some folks to give some talks this fall to local osgeo chpt. interested? aiming for #foss tools/open data etc

@amyeb007: ●●●●●
"@DLPhotography: Are you an expectant parent in #Ottawa? I need your help! <http://t.co/XHR61aSy>" @amyjewitt

@lisabenvenuti13: ●●●●●
OKAY @justinbieber IS ONLINE WHO WANTS TO BE MY FAVOUR-

ITE PERSON EVER AND HELP ME GET HIM TO SEE MY TWEETS? :):) #BELIEVetour #Ottawa

@jumpinjunkieinc: ●●●●●
BOOTCAMP: FULL!. You guys are incredible! 2 weeks of intense-amazing-cardio and conditioning, here we come! #fitness #ottawa #kangoo Woohoo!

@sterlinglynch: ●●●●●
Having friends who like to throw bbqs! #ottawa #itsagoodthing <http://t.co/cTJSJKPmj>

[illegible]

2012 DODGE GRAND CARAVAN CANADA VALUE PACKAGE
CANADA'S BEST SELLING MINIVAN FOR 28 YEARS

283^{HP}
BEST-IN-CLASS*



**PURCHASE PRICE INCLUDES \$8,000
CONSUMER CASH; FREIGHT, AIR TAX, TIRE
LEVY AND OMVIC FEE. TAXES EXCLUDED.
OTHER RETAILER CHARGES MAY APPLY.***

2012 Dodge Grand Caravan Crew shown.⁵

OR CHOOSE

4.99% FOR 96 MONTHS
WITH \$0 DOWN

- **Industry-Exclusive** 2nd row Super Stow 'n Go® with one-hand operation
- **Segment-Exclusive*** Stow 'n Place™ roof rack
- 3rd row Stow 'n Go® with **Segment-Exclusive*** tailgate seating
- Centre front floor console with cup holders
- Deep-tint sunscreen glass
- Body-coloured door handles and bodyside moulding

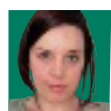
\$18
MORE BI-WEEKLY
(INCLUDES \$1,500
BONUS CASH**)

+Your local retailer may charge additional fees for administration/pre-delivery that can range from \$0 to \$1,098 and anti-theft/safety products that can range from \$0 to \$1,298. Charges may vary by retailer.



Local entrepreneur helps concert-goers see the light

Ian MacDonald. Ottawa lighting designer jet-setting around the world with some of Canada's finest bands



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

If you caught Metric's set at Bluesfest this summer, you would have not only been treated to a fantastic performance, but a spectacular light show as well.

The man responsible for that is Ottawa's own Ian MacDonald, lighting designer for Metric, the Sam Roberts Band and Sarah Harmer. Over the past 12 years, he has also worked with The Tragically Hip, Tegan and Sara, Death Cab for Cutie and Alicia Keys.

The young entrepreneur's lighting career started in the late 90s when he was a staff member at Barrymore's Music Hall.

"That was my schooling. I started out loading gear and doing merchandise for bands and then I had the opportunity to jump on lighting and I just fell in love with it," says MacDonald.

"Thankfully, I had a good group of friends that were also in the lighting industry that helped me out, kind of showed me a few things."

Quoted

"It can be a long day but I love what I do so I don't really see it as work."

Ian MacDonald

It's an enviable gig but one that requires long, often labour-intensive hours. On performance day, MacDonald is typically the first one there and the last one to leave.

"We usually load in around 10 a.m. and I'm the first one on the stage. From 10 a.m. until 2 p.m., I'm basically setting everything up and then from 2 to 5 p.m., I'm programming what's in the theatre that I'm not travelling with," he explains.

Once that's done, MacDonald has time for a quick dinner before the show gets underway.

"If Metric goes on at 9 p.m., I leave the stage around midnight or so, so it can be a long day but I love what I do so I don't really see it as work."

Regardless of whether or not he thinks of it as work, MacDonald's job is a crucial part of the show.

Of course, the ultimate goal is for the audience to be dazzled by the band but MacDonald also hopes concert-goers recognize that part of what makes any live



Ian MacDonald lights up shows for bands such as Metric, who performed at this summer's RBC Royal Bank Bluesfest. COURTESY JONATHAN TAILLEFER

performance memorable is the additional ambience and mood the light design provides.

"Lighting has always

been in the background for a lot of people when they see a concert and that's one of the things I've always tried to bring forward,"

MacDonald explains.

"My lighting may be a little more obnoxious than others in my field but I really try to make it a conversation piece."

2 SCENE

On the web



TV's Sister Wives family challenges Utah bigamy law as unconstitutional

He knows your darkest dreams. Then he makes them come true.

A sizzling, page-turning thriller for the summer by the international bestselling author of *The Hypnotist*

"SPELLBINDING."

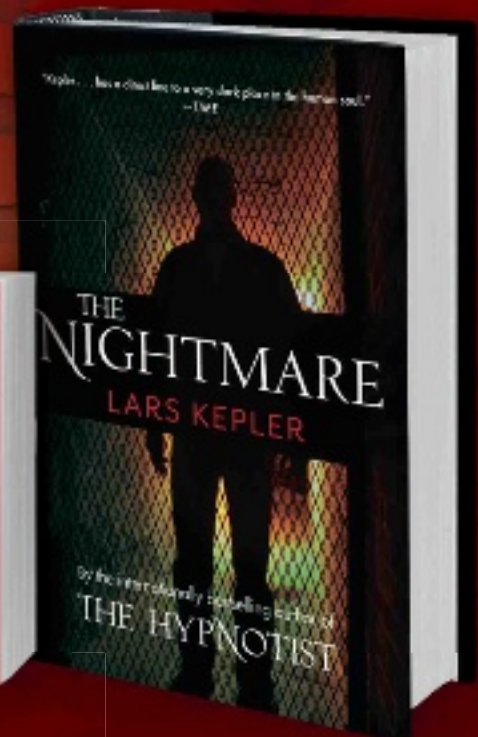
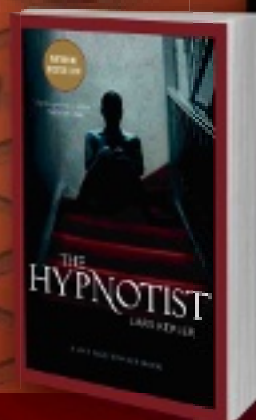
—People

"Truly GRIPPING."

—The Globe and Mail

"A NEW STAR JOINING THE LIKES OF STIEG LARSSON."

—Kirkus Reviews



AVAILABLE WHEREVER BOOKS AND E-BOOKS ARE SOLD



McCLELLAND & STEWART
www.mcclelland.com

"THE DANISH DESTROYER"

Watch for another level of camaraderie in new flick

Emotional connection. Big cast has big friendships in new comedy about an alien invasion of suburban Ohio

NED
EHRBAR
Metro World News

One of the benefits of doing an ensemble comedy is catching up with old friends. At least, that's how it was on *The Watch* for Ben Stiller and Vince Vaughn, who co-star with Jonah Hill and Richard Ayoade as concerned citizens investigating what turns out to be an alien invasion in their suburban Ohio neighbourhood.

Stiller and Vaughn previously squared off in *Dodgeball*, but here they're playing something a bit chummier.

"I love working with these guys. It's great to work with the people who make you laugh and who are funnier," Stiller admits. "Vince and I had a really fun time working on *Dodgeball* together and it was exciting to have a chance to do something. It had been a while for us, so it was exciting to have a chance to do something new together."

Reunions aside, Stiller also enjoyed letting loose in a comedy that didn't have the same restrictions as his more family-friendly fare.

"The fun thing for me is to be a part of a movie where you don't have to worry," Stiller ad-



Ben Stiller, Johnny Pemberton and Jonah Hill star in *The Watch*. MELINDA SUE GORDON/THE ASSOCIATED PRESS

The Watch

Vince Vaughn adjusting to being a parent

- **Daughters.** In *The Watch*, Vince Vaughn's character has a rather argumentative relationship with an unruly teenage daughter trying to grow up too fast. In real life, Vaughn has just welcomed his first daughter. So did the movie give him any premonitions of troubles to come? "My daughter is just 19, 20 months now, so I'm along away from that," he admits. "Thankfully I'm a long, long way from answering any of those questions as far as being protective. But I have encouraged her to get on some scooters — motor scooters — motorized vehicles. That kind of stuff. I threw her in the pool, but she swam so it's fine."

mits. "Being in an R-rated film, you can have a lot more freedom."

And that freedom doesn't just mean more violence and cursing, but it extends to how the characters are depicted as well, as the four men aren't forced into learning some sort of lesson or personal growth.

"I don't think it was about having it all sort of tied up in bow. It was more about these guys hanging out and how

they affected each other, but it wasn't like about teaching lessons or anything," Stiller says. "I do think there is sort of, you know, an emotional connection these guys do have by ending up being together."

While Stiller, Vaughn and Hill are familiar faces to comedy audiences, the forth member of their neighbourhood watch might not be: British actor and director Richard Ayoade, who directed last year's *Submarine* (executive-produced by Stiller), admits he felt like he stuck out a bit in the cast.

"I've never been in a film, not really," Ayoade admits. "My wife said — and she's right — it's going to look like I won a competition to be in a film with movie stars. And there were several days when I was like, 'Why are Ben Stiller, Vince Vaughn and Jonah Hill looking at me? Oh! I'm in a scene with them. I ought to start trying to act back.' It's very surreal and I'm a huge fan of these people. It was a great pleasure for me to get to somewhat bring down the film by being in it."

Vaughn, of course, thinks Ayoade's self-deprecation is misplaced.

"Richard is so funny. It was so fun, he brought such an original voice and great ideas and is just funny in the movie," Vaughn says. "You get a bunch of guys together from different walks of life and at the end of the day there's a lot of laughter and a lot of camaraderie."



Johnny Depp, left, as Tonto, a spirit warrior on a personal quest, who joins forces in a fight for justice with Armie Hammer, as John Reid, a lawman who has become a masked avenger in the *Lone Ranger*. PETER MOUNTAIN/THE ASSOCIATED PRESS

Lone Ranger remains a sore spot for some

Gyasi Ross grew up decades after the *Lone Ranger* aired on TV, but his friends would still call him Tonto when they teased him.

"Everybody understands who Tonto is, even if we hadn't seen the show, and we understood it wasn't a good thing," said Ross, a member of the Blackfeet Nation in Montana who lives and has family in the Suquamish Tribe, outside Seattle.

"Why else would you tease someone with that?"

The making of a new *Lone Ranger* Disney movie, and the announcement that Johnny Depp is playing sidekick Tonto, have reawakened feelings about a character that has drawn much criticism over the years as being a Hollywood creation guilty of spreading stereotypes.

The film is still in production, but Indian Coun-

Quote

"I'm worried about the Tonto figure becoming a parody or a commercialized figure that doesn't have any dimension or depth."

Natanya Ann Pulley

try has been abuzz about it for months, with many sharing opinions online and a national Native publication running an occasional series on the topic.

Some Native Americans welcome the new movie, which is slated for release next summer. Parts were filmed on the Navajo Nation with the tribe's support, and an Oklahoma tribe recently made Depp an honorary member.

But for others, the *Lone Ranger* represents a lingering sore spot — one that goes back to the 1950s television

version of Tonto, who spoke in broken English, wore buckskin and lacked any real cultural traits.

Depp's role attracted particular attention in April when producer Jerry Bruckheimer tweeted a picture of the actor in his Tonto costume. He had on black and white face paint, an intense gaze, a black bird attached to his head and plenty of decorative feathers.

"The moment it hit my Facebook newsfeed, the updates from my friends went nutso," wrote Natanya Ann Pulley, a doctorate student

at University of Utah, in an essay for the online magazine *McSweeney's*.

For Pulley and her friends, the portrayal of Native Americans in Western movies is getting old.

"I'm worried about the Tonto figure becoming a parody or a commercialized figure that doesn't have any dimension or depth. Or consideration for contemporary context of Native Americans," she said.

THE ASSOCIATED PRESS

"THE BEANTOWN BRAWLER"



Must be legal drinking age.



WILL DENMARK CRASH THIS BOSTON BEER PARTY?

The power rests in your hands to decide which beer will reign supreme. **Cast your vote at brewmasterscup.com**

WITH 418 CHOICES FROM 39 COUNTRIES, THIS SUMMER, THE LCBO IS YOUR BEER HEADQUARTERS.



Bohemian style ... well sort of

Versatile wardrobe. Kate Hudson's closet brims with designer dresses, turquoise, pajamas and photo-shoot favourites

Despite having a closet that most women would envy, Kate Hudson likes staying in her PJs for as long as she can into the day.

Mornings, she says, are her favourite time with her sons — and that means a lot of pajama time.

"I love to see them wake up with their sleepy faces. It's when you see their personalities and how they deal with the morning," she says.

Bingham, 1, has blond hair that's long in some

places, short in others, the 33-year-old actress says, and the morning is when it all sticks up. Her eight-year-old son, Ryder, asks for "5 more minutes" in bed but still eagerly comes to the table for breakfast.

"I like happy mornings. I grew up with happy mornings," says Hudson, the daughter of Goldie Hawn. "My parents were up and active and making breakfast, and that's what I try to do, but I usually do it in my nightie."

When it's time to get dressed on days she's not working, there are three choices, especially if she knows the paparazzi she doesn't love are

lingering: She'll stay at home in comfy clothes that are only slightly elevated from her bedtime get-up, pull out the sunglasses with the biggest lenses she can find and otherwise stick to her favourite flowing tops and dresses, or put together a buzz-worthy ensemble that might help get some positive publicity for the designer.

Fashion, she adds, is one of the easiest — and favourite — parts of her job.

What are some things in her wardrobe? Turquoise jewelry, Emilio Pucci prints, a vintage Halston cape (she's still waiting for the right occasion to wear it) and the cheetah jeans

and



Kate Hudson will be the face of clothing company Ann Taylor's fall 2012 campaign. ANN TAYLOR/THE ASSOCIATED PRESS

Introducing a collection you won't see in Paris, London, New York or Milan.

black flapper dress from her recent photo shoot for Ann Taylor's fall ad campaign. Hudson is reprising her role as spokesmodel.

"I definitely have more of an easy style," she says. "I hate the word bo-

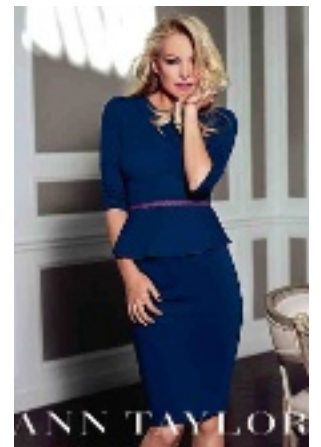
hemian, but it sort of is."

Hudson is the first celebrity signed to Ann Taylor for three consecutive seasons, but there have been many other stars, including Demi Moore, Heidi Klum and Katie Holmes.

Hudson says she can't worry too much about those who came before her — or will come after her.

"When you're in this business as actresses and models, you know everyone is replaceable. Enjoy it while it's happening. Take each day as it's presented to you."

However, Hudson is planning for the day when she has a beneficiary of her



healthy fashion habit.

"I archive a lot of my pieces — from when Stella (McCartney) was at Chloe and Tom Ford at YSL and Gucci," Hudson says.

"My mom never kept her clothes. She was big into (Azzedine) Alaïa clothes and she didn't keep them! She also had Ossie Clark dresses from the '70s, and I never got to wear them, so I decided when and if I have a little girl in my life, maybe she'll be into them and want to go into my closet someday."

THE ASSOCIATED PRESS


Presenting the 2012 CIBC Pink Collection.



In 2011, over \$1.9 million was raised for the Canadian Breast Cancer Foundation through CIBC fundraising events and the **CIBC Pink Collection**.™

Join us on **Sunday, September 30.**

Canadian Breast Cancer Foundation

CIBC  **Run for the Cure**†

Canadian
Breast Cancer
Foundation 

CIBC
FOR
WHAT
MATTERS.

*Suggested contribution. While quantities last. CIBC passes on 100% of net proceeds (suggested contribution less CIBC's cost, including taxes) to the Foundation; CIBC retains no money. †Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation. "CIBC Pink Collection" and "CIBC For what matters." are trademarks of CIBC.

The DREAM BIG Contest

CONGRATULATIONS TO OUR DREAM BIG CONTEST WINNER, PHILIPPE!

Scholarship Won: The Dream Big Contest

Amount: \$1,000

Hometown: Montréal, Québec

Current School: McGill University

My Big Dream: To be a professor of literature.

My mother doesn't like to see me 'burn the candles' at both ends...but I'm doing something that she's always wanted to do but never had the chance to.

How did you find ScholarshipsCanada.com:

I found ScholarshipsCanada.com the way any student going on exchange would: by religiously combing through all scholarships possibly available! I found a contest I was eligible for and spoke frankly in front of my webcam. It seems to have paid off!

How has the award helped you:

With the money, I was able to pay for my plane ticket to Europe for an exchange program. I feel very privileged to benefit from this financial boost and hope to pass forward the beautiful gesture in many ways!

SCHOLARSHIPS CANADA.com



Emily Maynard, left, and Jef Holm will begin their lives together. RICK ROWELL/THE ASSOCIATED PRESS

Maynard and Holm not sure about a television wedding

The Bachelorette.

Couple begins planning their life together as well as how their big day will play out

Emily Maynard's courtship with Jef Holm may have played out on national TV on ABC's *The Bachelorette*, but whether their wedding will be televised is still up in the air.

"I never in a million years thought I'd be the Bachelorette, so I've learned never say never, especially in public,"

Quote

"I've learned never say never, especially in public."

Emily Maynard
On having a television marriage

Maynard said in an interview.

On Sunday's finale, the 26-year-old Maynard revealed she chose Holm, a 27-year-old entrepreneur from Salt Lake City, over racecar driver Arie Luyendyk Jr., the son of Indianapolis 500 winner Arie Luyendyk.

If the couple do decide to marry on television, they won't be the first Bachelor or

Bachelorette couple to do so.

Trista and Ryan Sutter's wedding was televised in a three-part special in 2003. Jason and Molly Mesnick, of *The Bachelor*, also taped their 2010 nuptials for TV.

One thing Maynard and Holm do have planned is to end their long-distance relationship as soon as possible. Holm says he's hoping to move to Charlotte, N.C., in August in time for Maynard's daughter, Ricki, to go back to school.

"I want to get there and hang out with her and get into daily life with her and with Emily. Figure it out together," said Holm.

THE ASSOCIATED PRESS

Television

NBC series to take a bite out of Dracula classic

NBC is sinking its teeth into the classic tale of *Dracula* for a new drama series. The network announced Tuesday a 10-episode version of the Bram Stoker novel. Jonathan Rhys Meyers has the title role as the vampire set in Victorian-era England.

Irish actor Meyers is known for starring in the Showtime series *The Tudors*, and for the TV film *Elvis*. *Dracula* is from the producers behind the acclaimed hit *Downton Abbey*. THE ASSOCIATED PRESS

Sharon Osbourne. Takes to Twitter to announce she is leaving Got Talent

Sharon Osbourne said Tuesday that she's ready to say goodbye to NBC's *America's Got Talent*, taking the network by surprise.

In a posting on Twitter, Osbourne addressed "my darling" fellow judge Howard Stern and said, "money is not the reason I'm not returning" to the show. Her tweet trailed off with "it's because" and didn't elaborate.

Her message was unexpected, NBC said following the announcement.

THE ASSOCIATED PRESS



Sharon Osbourne
GETTY IMAGES

Love Community? NBC isn't sold on it

TV. At the Television Critics Association press tour, the struggling network said its focus is shifting to broader comedy

AMBER RAY
Metro World News

Can a monkey save NBC?

The network that routinely finishes last in ratings among the big four broadcast companies is in a state of transition, most obviously seen in its approach to comedy this fall.

Where NBC has been a haven for critically loved, cult-hit sitcoms that don't draw massive amounts of viewers, the network is now introducing comedies starring a lab-coat wearing monkey (*Animal Practice*) and babies raised by clueless, yet caring, dads (*Guys with Kids*.)

"We're going to transition with our comedy program-

ming and ... try to broaden the audience and broaden what the network does," Robert Greenblatt, chairman of NBC Entertainment, told journalists gathered at the Television Critics Association press tour in Beverly Hills, Calif., on Wednesday.

"Those Thursday comedies, which the critics love and we love, tend to be a bit more narrow than we'd ultimately like as we go forward."

Greenblatt was referring to shows like *Parks and Recreation* and *30 Rock*, and more specifically, *Community*, which featured an entire episode that played out in the style of an 8-bit video game last season.

Though all three were renewed for next season, as of late *Community* has received little love from NBC, which fired the show's creator, ordered only 13 episodes, and pushed the show back to Fridays.

"The reason that we did 13 episodes of that and a couple of our other shows is because we really wanted to get more comedies on the schedule ...

which isn't to say we couldn't decide at some point to extend those seasons," Greenblatt said. "I would love nothing more than *Community* to have a following on Friday and to be able to continue it."

NBC offering even that amount of support to a similarly quirky new series doesn't appear likely. Greenblatt called those creatively robust, yet ill-performing sitcoms "a little bit more so-

phisticated than I think you might want for a real broad audience."

And what says "mass appeal" better than animals and babies?

"We didn't sit down and say, 'Let's find some shows with babies and animals everywhere,' but we did buy into visions from creators that we felt were funny, specific, emotional and original," said Jennifer Salke, NBC president.



Is Crystal the Monkey on *Animal Practice* doing to save NBC? GETTY IMAGES

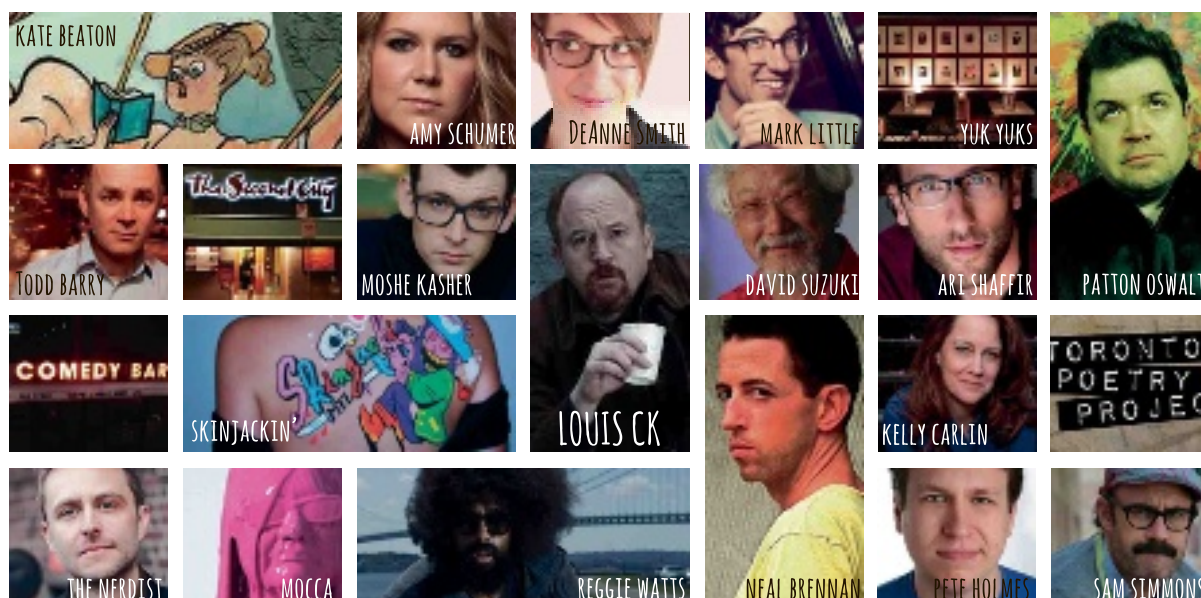
THE METRO NEWS AND JFL42 FESTIVAL CONTEST



★ ★ ★ WIN A TRIP WITH AIR CANADA TO THE JFL42 FESTIVAL IN TORONTO! ★ ★ ★

Grand Prize: 2 return economy flights to Toronto courtesy of Air Canada, four nights accommodation at the Pantages Hotel and two PREMIUM passes to JFL42, a brand new interactive Festival.

GO TO WWW.CLUBMETRO.COM TO ENTER TODAY!



SEE LOUIS CK LIVE IN CONCERT PLUS 41 OTHER COOL THINGS!



In association with
AIR CANADA

COMEDY
IS JUST THE
BEGINNING

JFL42 is an all-new interactive festival in Toronto featuring 42 cool things from the worlds of comedy, music, art, technology, activism and more, and you'll have access to all of it! The interactive pass lets you connect, reserve and check-in. Come join the experiment! Go to JFL42.COM, grab yourself a pass, and start planning your Festival.

WHO WILL THE REMAINING 20 BE? STAY TUNED, MORE ANNOUNCEMENTS TO COME!

**SEPT. 21-28 » TORONTO » 1 PASS
\$99 » ON SALE NOW AT JFL42.COM!**



IN ASSOCIATION WITH **AIR CANADA**

Contest closes September 10, 2012. Open to Canadian residents over the age of majority, excluding Quebec and the territories. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form. There is one (1) Grand Prize of a trip for two to the 2012 edition of JFL42 in Toronto, which includes return airfare on Air Canada routes within Canada and four nights of hotel accommodation, valued at approximately \$5,000 CAD (based upon departure from Halifax, actual value may vary depending upon time and year of departure).

A JUST FOR LAUGHS AND LIVE NATION PRODUCTION

Kiefer Sutherland. 24 movie will get made, sooner rather than later

Kiefer Sutherland says don't worry, Jack Bauer fans. That 24 movie will get made, sooner rather than later.

"Yeah, I don't want to do it with a cane," says the 45-year-old actor, who played the ruthless anti-terrorist agent Jack Bauer for eight seasons on the Fox action series.

Sutherland was at the Fox network's Television Critics Association summer press tour party Monday night to promote his latest series, *Touch*. It premiered last winter to good reviews but middle-of-the-pack ratings.

A script for the long-delayed 24 movie just wasn't ready in time for Sutherland to shoot it during the hiatus from *Touch*. Fox now has production penciled in for next spring.

Sutherland hopes his new series will be hard to schedule around for quite a while.

He enjoyed working on the 13-episode winter and spring run. He felt the drama — about a father and his 11-year-old emotionally disturbed and mute son (played by David Mazouz) — was really hitting its creative stride by the end of that first season.

Executive producer Tim Kring (*Heroes*) says the stakes will be higher when the series returns this fall. Father and son will be on the run. A new character, played by Maria Bello (who starred last

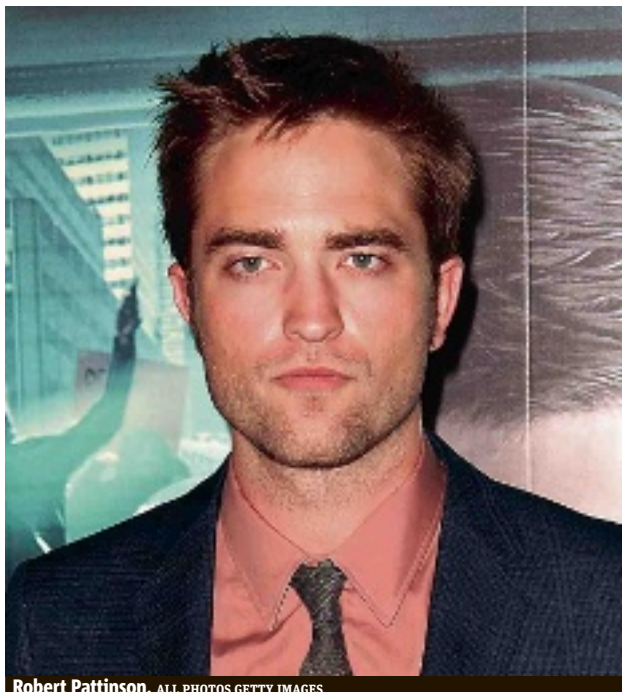


Kiefer Sutherland
GETTY IMAGES

fall in the short-lived drama *Prime Suspect*), will join the cast, a move Sutherland could not be more excited about.

"She's phenomenal," he says. Bello will play a character with a child facing similar challenges. Conversations between the two struggling parents will help viewers understand things that were difficult to communicate and explain in season one, as Sutherland sees it.

THE CANADIAN PRESS



Robert Pattinson. ALL PHOTOS GETTY IMAGES

Pattinson talks cheating

Robert Pattinson obviously won't be releasing a statement — he'll let some pretty young blond do the talking next week. So for now, all we've got is his April chat in Vanity Fair, where he conveniently discussed affairs.

"There's a thing I've never got: That is, why do

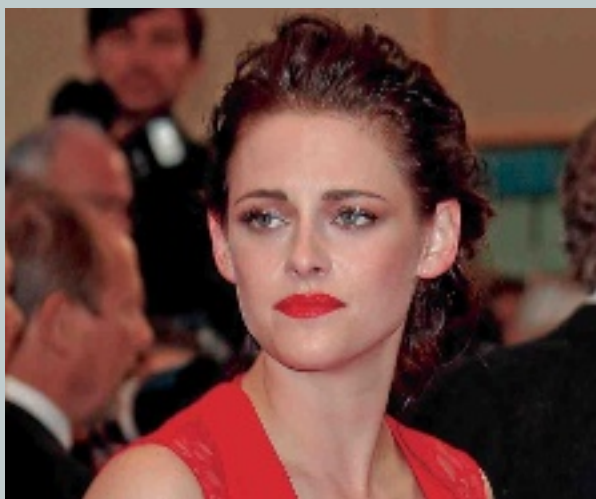
people cheat? I can understand the impulse," he says.

"But not how you can keep two relationships going at the same time for long. I'm not the casual-affair kind of guy. If I choose to be with someone, it's because I really want it. When I have a relationship, I'm 100 per cent into it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Kristen Stewart 'deeply sorry' about affair

MONICA WEYMOUTH
scene@metronews.ca

We always blamed Kristen Stewart's ever-present pout on her distaste for photographers. Maybe an extra weird rash. Possibly a Spanx situation. But we never suspected that the problem could be Robert Pattinson, her much more photogenic boyfriend and Twilight co-star.

It seems, however, that while Stewart's been parading down red carpets with Pattinson, she's also been having a fling with Rupert Sanders, her married Snow White and the Huntsman director.

Us Weekly has pretty incriminating photographs of the two snuggled up to each other in Los Angeles on July 17, just a few days

before Stewart and Pattinson attended the Teen Choice Awards together.

Witnesses tell RadarOnline that Sanders, 41, and Stewart, 22, "were hardly able to keep their hands off one another," as they drove around L.A., stopping occasionally to make out in parking lots.

Kristen, what do you have to say for yourself?

"I'm deeply sorry for the hurt and embarrassment I've caused to those close to me and everyone this has affected," she said in a statement released yesterday.

"This momentary indiscretion has jeopardized the most important thing in my life, the person I love and respect the most, Rob. I love him, I love him, I'm so sorry."

Kris, take it from us: Making creepy, inappropriate public appeals to Robert Pattinson in the gossip columns doesn't work. We've been trying for years, and he doesn't bite.



Rupert Sanders

Sanders' wife not warned

Not to be outdone, Rupert Sanders issued his own apology shortly after Stewart.

"I am utterly distraught about the pain I have caused my family," the director said in a statement. "My beautiful wife and heavenly children are all I have in this world. I love them with all my heart. I am praying that we can get through this together."

As for Sanders' wife, Liberty Ross, we doubt she's accepting the apology

anytime soon. The British model seemed to learn about the affair along with everyone else yesterday, and proceeded to have a mini Twitter meltdown.

Before deactivating her account, she followed @Us Weekly and tweeted quotes from Marilyn Monroe and Maya Angelou, then signed off with a simple "Wow" — the 2012 equivalent of waking up to the Love Actually DVD menu in a puddle of Ben and Jerry's.

'I did not cuss Janet out'

The dispute between members of the Jackson family over the location of matriarch Katherine Jackson apparently came to a head this week with an altercation between family members on the grounds of their Calabasas, Calif., estate, according to TMZ.

Janet, Jermaine and Randy Jackson stormed the house to confront the children of the late Michael Jackson — Prince, Paris and Blanket, leading to cursing and blows. The adults then reportedly attempted to coerce the kids into going to Arizona — where their legal guardian, Katherine,

is resting — against their will.

The ongoing troubles have prompted lawyers for Michael's estate to write an open letter expressing their concern.

"We are concerned that we do what we can to protect them from undue influences, bullying, greed and other unfortunate circumstances," executors John Branca and John McClain say in the letter.

Meanwhile, Paris Jackson took to Instagram to refute claims of a fight, posting, "Dear TMZ, no one slapped anyone, and I did not cuss Janet out."

Twitter



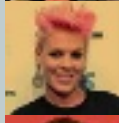
@katyperry

I always love seeing one single piece of confetti fall at an indie show.



@JimCarrey

The violence within us is being fully exploited by the gun sellers in America. Let's end r addiction and entitlement to violence.



@Pink

As far as I'm concerned-Christmas prep has started. And I'm also now a member of the QVC. For real? Yes- For real. Yaye!!!!!! Help!!!!!!



@ActuallyNPH

My favorite thing about Paris is the 'double kiss on the cheek' greeting. It is both intimate and disarming. I'm totally stealing that.

SATURDAY, JULY 28

FREE SURPRISE GIFT CARD

FREE SURPRISE GIFT CARD that could be worth

\$10

OR

\$15

OR

\$25

OR

\$50

off your next purchase.

when you spend \$50 or more on almost anything in the store.*

Visit shoppersdrugmart.ca or the store nearest you for details.
*Some conditions may apply. Offer valid Saturday, July 28, 2012 only.



SURPRISE GIFT CARD IS VALID
UNTIL AUGUST 18, 2012.

**SHOPPERS
DRUG MART**



Retro-inspired looks were seen throughout the Mercedes-Benz Fashion Week Swim 2013 in Miami Beach, where more than two dozen designers showcased their latest collections. Swimstyle specialists took a nod from days gone by, from high waist briefs and the pinup girl look of the 1950s to the Studio 54 and Dolce Vita eras of the '60s and '70s. Dive right in!

THE ASSOCIATED PRESS

Splash from the past



WHITE SANDS AUSTRALIA

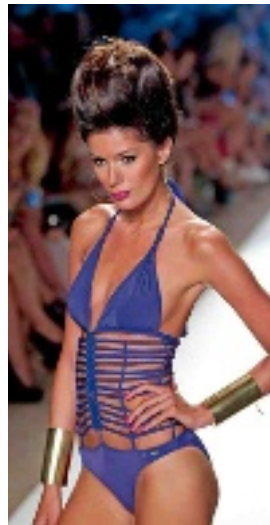
Romantic looks were seen on the runway at White Sands Australia. "It's very, very girly," said designer Leah Madden. "I always try to do things very pretty but sexy and with an edge. But this year it's more pretty and more feminine."

Madden kept it simple for The Violet Hour collection. She used touches of ruffles, neon pastel colours (green) and a vintage floral print with large violets over a white palette to create the blissful looks.

DOLORES CORTES

Miami Beach was the inspiration for Spanish designer Dolores Cortes, who used vitamin colours and a touch of neon in her sophisticated collection.

Golden reflective laminates were superimposed on some pieces, while others had a mix of animal prints and bright stains to give the wild yet chic look. There were a ton of prints, some with a tie-dye effect. Bikinis included a multi-coloured bandeau top with an animal print bottom. Multiple patterns took over a one-piece and a monikini with bright pops of colour, and crochet and mesh also made appearances.



LISA BLUE

Kicking off swim week was the Lisa Blue collection, where Australian designer Lisa Burke featured a collection of very different styles.

The Enchantress collection opened the show with a white monokini with gold trimmings. The blue colour of the ocean was also seen on the goddess-like models walking slowly — enchantedly — down the runway.

Karina Smirnoff of Dancing with the Stars picked up the pace as she danced in a bright pink, ruffled-top bikini and a Flamenco-style long skirt for the second Flamenco-inspired collection, which included a one-shoulder bikini top with ruffles on the bottom piece.



NICOLITA

The Nicolita collection can be described as a collection of sexy swimwear with curve-flattering styles reminiscent of Cuba's alluring 1940s era — but with a California twist.

The Havana Nights Collection by designer Nicole Di Rocco drew inspiration from her Cuban roots and experiences in Malibu with the help of singer Christina Milian. The collection had plenty of coverups that can transition from day to night, including a short layered animal-print skirt and high waisted blue pants.



3 TIPS

On the Web



Abby Larson, editor and founder of the stylish wedding website, on making your celebration Pinterest gold.

Summer Break

SANDAL SALE 30-50% OFF

STARTS JULY 5TH
DISCONTINUED
STYLES & COLOURS

INCREDIBLE SHOES, INCREDIBLY COMFORTABLE

943 CARLING AVE AT SHERWOOD DRIVE | 613.728.6905 | SOLEA.CA

soléa

Offer for in-store footwear only. Not applicable on special orders. Cannot be combined with any other discount offer. Not applicable to previously purchased footwear.

A flip-flop for all walks of life

Happy birthday Havaianas! 50 years later, the Brazilian accessory has become something of a social glue for country

Brazil's well-heeled socialites swear by them. Legions of slum-dwellers from the country's hillside "favelas" don them almost every day. Minimum wage earners behind juice-bar counters use them, as do newly minted millionaires and, alarmingly, construction workers.

In Brazil, literally everyone wears Havaianas, the now world-famous brand of rubber and plastic flip-flops that's celebrating its 50th birthday this year.

Since their 1962 introduction, Havaianas have joined soccer and samba as one of the great social equalizers in this country, among the world's most stratified societies.

Initially the workaday staples of the Brazilian poor, Havaianas have transcended both their modest origins and the country's borders to become an



The iconic flip-flops now rival uber-model Gisele Bundchen for the title of Brazil's most famous export. ANDRE PENNER / THE ASSOCIATED PRESS

object of desire the world over, sold at Bloomingdale's and Neiman Marcus and coveted by Hollywood A-listers, European royals and suburban princesses from Seattle to Seoul.

Not only have they become all but de rigeur in poolside Miami and beachfront Cancun, Havaianas now have a way of cropping up where you least expect them, from Paris' rarified haute couture catwalks to

the red carpet at the Oscars.

And though the word "havaianas" mean Hawaiian in Portuguese, the flip-flops have come to be something of a symbol for Brazil itself.

"They're cool, colourful, laid back and chic," said Brazilian-born fashion consultant Abraao Ferreira. "They're the quintessence of everything that people find appealing about Brazil."

The numbers speak to that enduring popularity.

Last year, 210 million pairs of Havaianas were sold worldwide. Even with 15 per cent of total production exported to some 80 countries, enough of the sandals were sold in 2011 for nearly every man, woman and child in Brazil.

Still, patent or not, Havaianas has kept the formula behind its squishy rubber soles

a tightly guarded secret. Since most of its direct competitors make cheaper, plastic-soled flip-flops, Havaianas' aerated rubber soles are seen as key to the brand's success and their manufacturing process is kept under strict wraps.

Beyond acknowledging they're made from a mixture of domestic and imported rubber that shrinks and hardens with extended wear, Porto declined

Fashion fable

Beginnings of a beach staple

Legend has it that Havaianas' simple wishbone between-the-toe design was inspired by Japanese "zori" sandals, the traditional straw-bottomed footwear worn by geishas.

"It's true that some executives from (parent company) Alpargatas took a trip to Japan before the launch," in 1962, said Rui Porto, a longtime company executive who now works as a media consultant for the brand. "But the origins of this style of sandal date back to the dawn of time, to roughly the same era as the invention of the wheel."

"In fact, that's why there's no patent on them," Porto said.

to provide any details about the secret soles.

THE ASSOCIATED PRESS

Rocking the cool before the cold

Expo expertise. Before the season ends, try out these sizzling summer trends

MEREDITH ENGEL

life@metronews.ca

We asked Dana Lupton, who oversaw the 2012 International Beauty Show earlier this summer, for her input on some of the coolest beauty fads.

Hair chalk

The latest craze in temporary hair colour easily washes out, so it's perfect when you're looking for a no-fuss dramatic shift. Just rub it on and mist with hair spray. "That's definitely one of the new buzz things that's going on," says Lupton.

Individual Hair Color Chalk, \$8, haircolorchalk.com

Natural hair care

"People are worrying about what they're putting in

their hair," Lupton says. "We're seeing people becoming more green and selective about the types of things that they'll use, and companies are answering to that." One line we like is Yarok: a totally vegan, botanical collection free of alcohol, parabens, sulfates and cruelty.

Feed Your Ends leave-in conditioner, \$23, .yarokhair.com

Nail appliques

Forget spending extra time at the salon while your manicurist paints on tiny flowers or polka dots: Stick-on designs are the way of the future. "It's all about the bells and whistles that people are used to," Lupton says. "Nail care is an explosive vertical market right now in the beauty world."

One celeb fan is Christina Aguilera, who was spotted wearing Dashing Diva's DesignFX on her digits this season on The Voice.



UP TO
20% OFF
All Laser Hair Removal

exclusively at

dermis
ADVANCED SKIN CARE

Pure advanced skin care is all we do
SPECIALIZING IN VEIN THERAPY AND LASER HAIR REMOVAL

DOWNTOWN OTTAWA
116 Albert St. | 613.233.7546

ORLEANS
3712 Innes Rd. | 613.854.3376

dermisadvancedskincare.com

The Kit

Canadian street style

Spotted in: Toronto

Chatelaine C
Student
Age: 25

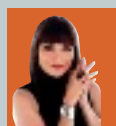
What she's wearing:
H&M sunglasses, vintage silk dress bought in Stanley Market in Hong Kong, H&M sandals.

Her inspiration:
"Feel good, look good!"

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES, AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!



Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: On @CTVCanadaAM this week dissing BAD past Olympic uniforms. Can't wait to see sartorial fare when games open. What makes a GOOD uniform?

@Cameronstudio
simplicity, elegance and #athleticism

@Jeanne_Beker
Agreed! Modernity is cool too. I think the Olym-

pics should inspire us to go FORWARD!

@Amy_Scarlett
PROPORTIONS! Athletic figures need good proportions to balance out their figures

@Jeanne_Beker
totally! And let's not forget these are some of the world's BEST bodies!

DO YOU SUFFER FROM CHRONIC, STUBBORN PAIN?



SCIATICA
MIGRAINE
TRIGEMINAL NEURALGIA
KNEE/HIP OSTEOARTHRITIS
SHINGLES
BACK PAIN/SLIPPED DISC
WHIPLASH
FIBROMYALGIA

We understand the importance of your Health.
You have come to expect the highest level of service and client care.
ADVANCED ACUPUNCTURE TECHNIQUES FOR CHRONIC PAIN
\$15-35 per treatment. You pay what you can.
THERE IS AN ADDITIONAL \$10 FOR THE FIRST TREATMENT ONLY
www.ottawaacupuncturestudio.com
For an appointment: 613-853-9099 (Mon-Sat from 3pm-7pm)

START TODAY AND GET
MATCHED TO SCHOLARSHIPS

show me
the money

31,000+
scholarships
valued at over
\$123 million

(and grades aren't everything)

\$123 Million
You

\$C
Matching



Go to ScholarshipsCanada.com

SCHOLARSHIPS CANADA.com



**SUMMER
DESIGNER CLOTHING
SALE**
JULY 26 - JULY 29
FIRST TIME EVER IN OTTAWA

4 DAY SALE OPEN TO THE PUBLIC
THURSDAY JULY 26. 11AM - MIDNIGHT
FRIDAY JULY 27. 11AM - MIDNIGHT
SATURDAY JULY 28. 11AM - 10PM
SUNDAY JULY 29. 11AM - 6PM

WOMENS & MENS 2012 COLLECTION
FULL SIZE RANGE

T-SHIRTS, DRESSES, SHORTS,
DENIM, BAGS AND MORE

SUPER DRY, JBRAND, MICHAEL KORS, COACH, NUDIE,
HUGO BOSS, TRUE RELIGION, BENCH, SCOTCH & SODA,
GSTAR, CURRENT/ELLIOTT, RAG & BONE, JLNDEBERG,
DVOM REBEL, CITIZENS OF HUMANITY, HUDSON JEANS,
DIESEL, SEVEN FOR ALL MANKIND AND MORE.

40%-80% OFF

WE ACCEPT VISA, MASTERCARD, DEBIT, CASH



TRAVELODGE CONFERENCE CENTRE
1376 CARLING AVENUE, OTTAWA, ONTARIO

613.366.2272

THESAMPLESALEGUYS.COM

10% OFF WITH THIS AD*

*Cash only. Some restrictions apply.

SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 26 SHOPPERS DRUG MART

A prescription for chocoholics

Cookbook authors Julie Albert and Lisa Gnat spend a lot of time in the kitchen creating and testing recipes, but they also like to be pampered by their families.

These Rx Brownies With Fudge Frosting are great for when you want to sit back and get the little ones involved.

The decadent brownies, found in Bite Me, are a prescription for any chocoholic, say Albert and Gnat. They would make an ideal treat to cap a brunch or any time you need a chocolate fix.

appeared. Spread in prepared pan and bake for 25 to 30 minutes. Let cool in pan for 15 minutes before removing. Cool completely on wire rack before frosting.

4. Frosting: In a large saucepan, mix together sugar, cocoa powder, milk, butter and corn syrup. Heat to boiling, stirring frequently. Boil for 3 minutes, stirring constantly. Let cool for 10 minutes. Whisk in icing sugar until smooth.

THE CANADIAN PRESS/BITE ME TOO
BY JULIE ALBERT AND LISA GNAT

Ingredients

- 4 squares unsweetened chocolate, chopped
- 175 ml (3/4 cup) butter
- 500 ml (2 cups) sugar
- 3 large eggs
- 250 ml (1 cup) flour

Fudge Frosting

- 125 ml (1/2 cup) sugar
- 50 ml (1/4 cup) cocoa powder, sifted
- 50 ml (1/4 cup) milk
- 30 ml (2 tbsp) butter
- 15 ml (1 tbsp) corn syrup
- 250 ml (1 cup) icing sugar

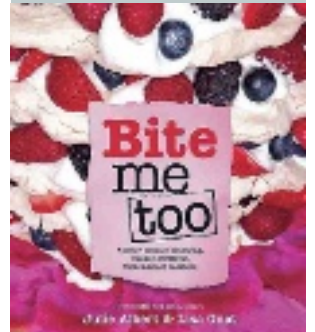
Rx Brownies With Fudge Frosting



This recipe is ideal for a post-brunch dessert. THE CANADIAN PRESS H/O

Book of the week

Take a bite out of easy & fun food



Having fun with food, family and friends is the focus of the cookbook Bite Me Too by sisters Julie Albert and Lisa Gnat.

The release is peppered with humour, trivia, pop culture references and user-friendly recipes that feature ingredients you have in your pantry or that can be picked up during your regular grocery store run.

Chapter headings in Bite Me Too include Amuse Me (appetizers), Fowl Me (poultry), Hook Me (fish and seafood) and Toss Me (salads). There are 176 recipes in total. THE CANADIAN PRESS

Spiced And Grilled Angel Food Cake. Contrast with ice cream top



If strawberries aren't your thing, any fresh fruit would be delicious, including mango, kiwis, blueberries and raspberries. Or just top with fruit salad.

1. In bowl, combine strawberries and 2 tablespoons of sugar.

2. In bowl, use electric mixer to whip heavy cream until soft peaks form. Sprinkle in 2 table-

spoons of sugar and the lemon zest (reserve lemon juice). Continue beating until stiff peaks form. Refrigerate until ready to serve.

3. Heat grill to medium-high.

4. In saucepan over medium heat, combine butter, lemon juice, cinnamon, cardamom and the remaining 2 table-

spoons of sugar. Heat, stirring, until butter melted and sugar has dissolved. Use pastry brush to coat all sides of cake slices with butter mix.

5. Place cake slices on grill and cook 30 seconds per side or until grill marks appear and cakes are toasted. Serve each slice topped with whipped cream and berries.

Ingredients

- 1 quart strawberries, hulled and sliced
- 6 tbsp sugar, divided
- 1 cup heavy cream
- Zest and juice of 1 lemon
- 4 tbsp butter
- 1 tsp cinnamon
- 1/4 tsp ground cardamom
- 13-oz angel food cake, cut into 8 slices

THE ASSOCIATED PRESS

泰國水果節
Thai Fruits & Food Festival

大統華 T&T

Promotion Period: Jul 27 - Aug 02, 2012 Ottawa Store only

<p>White Quantities Last</p> <p>3 DAYS ONLY Fri. Sat. Sun. Mon.</p> <p>Mangosteen Product of Thailand</p> <p>4.98 /lb 10.98/kg</p>	<p>White Quantities Last</p> <p>3 DAYS ONLY Fri. Sat. Sun. Mon.</p> <p>Fresh Durian Product of Thailand</p> <p>5.98 /lb 13.18/kg</p>	<p>SAVE 41¢</p> <p>Ivory Rice Stick/Vermicelli 54g</p> <p>1.38 /pkg</p>	<p>SAVE 50¢</p> <p>Squid Brand Fish Sauce 473ml</p> <p>1.69 /btl</p>	<p>4 DAYS ONLY Fri. Sat. Sun. Mon.</p> <p>Seedless Watermelon Product of Canada</p> <p>3.98 /ea</p>	<p>The only licensed Chicago retailer in Canada</p> <p>4 DAYS ONLY Fri. Sat. Sun. Mon.</p> <p>Fresh Certified Angus Beef Short Ribs</p> <p>4.28 /lb 9.44/kg</p>
<p>SAVE \$1</p> <p>UFC Juice Mangosteen/Coconut 1000ml</p> <p>3.29 /ea</p>	<p>SAVE \$1.28</p> <p>Taokaeno Seaweed 40g</p> <p>2 FOR 3.50</p>	<p>SAVE \$1.55</p> <p>Aroy-D Canned Green/Red Curry 402g</p> <p>2 FOR 3.99</p>	<p>SAVE \$3</p> <p>Oxhead Brand Thai Rice 18lb</p> <p>14.99 /bag</p>	<p>White Quantities Last</p> <p>4 DAYS ONLY Fri. Sat. Sun. Mon.</p> <p>Fresh Atlantic Salmon Steak</p> <p>3.99 /lb 8.80/kg</p>	<p>White Quantities Last</p> <p>4 DAYS ONLY Fri. Sat. Sun. Mon.</p> <p>Live Canadian Lobster</p> <p>6.99 /lb 15.41/kg</p>

Quantities and/or selection of items may be limited and may not be available in all stores. No rain checks or substitutions. Advertised prices and product selection may vary by store location. T&T Supermarket reserves the right to limit quantities. Descriptions take precedence over photos. Some illustrations in this advertisement do not necessarily represent items on sale, and are for design purposes only. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations.

9am - 9pm (Sat - Thurs)
9am - 10pm (Friday)

Join us on Facebook
(Search for T&T Supermarket)

Follow us on Twitter
@TTSupermarket

www.TnTsupermarket.com

224 Hunt Club Road, Ottawa, ON, K1V 1C1 613-731-8113

SPECIAL INFORMATION FEATURE

London calling

England's finest. A pint of Fuller's London Pride will go down well while watching the Olympics



JEFF O'REILLY
For Metro

With Andy Murray's heart-breaking loss to Roger Federer at Wimbledon, and Ernie Els' surprising come-from-behind victory at last weekend's British Open, Jolly Old England has already had its fair share of great sports moments this month, but, Friday, the entire world will be fixated on watching the 2012 London Olympics, which celebrate human achievement and the pursuit of glory and greatness.

Can Usain Bolt repeat as the men's 100-metre dash champion? Will someone dethrone the men's U.S. basketball "Dream Team?" Who will be the first Canadian to win gold? And what unknown heroes will rise up and inspire us with their bravery and sportsmanship?

The thrill of victory and agony of defeat — compelling stuff indeed, so be prepared to become "smitten with Britain" and the juicy underlying gossip of who will be shagging whom in the Athlete's Village, which famous people will be attending the Games and with whom, and some over-the-top massive ceremonies that will be filled with all the pomp and pageantry of a Royal Wedding (and possibly new and even more outrageous hats).

Friday's opening ceremonies promise to be a spectacle, officially opened by Queen Elizabeth, Prince Phillip, the Duke of Edinburgh, and rumoured performances by rock royalty like Sir Paul McCartney and Ringo Starr, who may possibly lead a super group with the likes of Eric Clapton, Jeff Beck, Jimmy Page, David Gilmour, Elton John, Phil Collins and others. A short Bond video (with a cameo from the Queen her-

self — I never quite imagined her as a Bond girl) and a possible explosive stunt appearance from James Bond (Daniel Craig himself) can only lead you to imagine that the Aug. 12 closing ceremonies may possibly feature a Monty Python/Spinal Tap super group with Adele and the Spice Girls as backup singers, followed by Eddie The Eagle leading a silly Benny Hill-style chase-around to end the Games.

Purely speculation ... if you know what I mean ... nudge nudge, wink wink, say no more, say no more.

Anyhow, with so much to see it's almost a given to head to a pub and enjoy a pint, so why not stay in theme and enjoy England's finest.

With beer being brewed on the site of the Griffin Brewery in Chiswick, West London, for more than 350 years, John Bird Fuller, Henry Smith and John Turner joined forces in 1845 and founded Fuller's Brewery. Their beers have won numerous prestigious awards with three — Fuller's London Pride, ESB, and Chiswick Bitter — all be-



Emily graciously serves up the best Of Britain in the form of a pint of Fuller's London Pride at The Royal Oak at 318 Bank St. JEFF O'REILLY/FOR METRO

ing named Champion Beer of Britain at CAMRA's Great British Beer Festival an unprecedented five times in total. This best bitter really and truly is the best bitter of them all.

Fuller's London Pride (500 ml LCBO, \$2.50, 4.7 per cent

alcohol by volume), hand pulled into a proper branded shaker-style pint glass, arrives the beautiful colour of a bronze medal with a creamy, white head, but the taste is pure gold. Superb aromas of rich malts, caramel, toast and

Upcoming festivals

What could be more festive than a festival for beer?

- Toronto's Festival of Beer is this weekend (July 27-29) with featured entertainment from Salt-N-Pepa, The Mathews Brothers and Big Wreck with more than 125 of your favourite beverages all in one place. For more, see beerfestival.ca.
- Closer to home, tickets are now on sale for the first Nation Capital Craft Beer Week Aug. 10-18, with nightly events across the region culminating in a two-day festival Aug. 17-18 at Marion Dewar Plaza (outside of city hall). For more, see nationalcraft-beerweek.com.

delicate hops invite you to explore flavours of sweet caramel up front with a slightly fruity honeyed nuttiness, bready malts, then a mild, earthy hop bitterness near the end. Luxuriously smooth, incredible drinkability and a nice, short, dry finish, this is a session beer perfectly suited to hours of Olympic enjoyment. Are you sitting comfortably?

Let the Games begin.



Guernsey Girl from Upper Canada Cheese Company. VANESSA SIMMONS/FOR METRO

Sizzlin'. Cheese thrill for the grill



CURD ON THE STREET
Vanessa Simmons
For Metro

Inspired by a favourite seasonal pastime and soaring temperatures, Guernsey Girl, this week's cheese pick, is the perfect cheese companion for summer grilling adventures.

Handcrafted in Jordan Station, Ont., (Niagara region), the milk is sourced from one of only a handful of Guernsey cow herds in Canada who call local 145-year-old Comfort Family Farm their home.

Upper Canada Cheese Company, known for legendary firm, washed-rind Niagara Gold, and soft, surface-ripened Comfort Cream, can

Protein network

- Guernsey Girl's resistance to melting is due to a higher level of acidity and a more closely knit protein network with tighter bonds that are harder to break when exposed to heat.

be credited with my cheesy version of fun in the sun.

Guernsey cows yield richer milk that are higher in butterfat and protein than other milks. More enriched in beta carotene, the cheese's brilliant yellow colour intensifies during summer. Guernsey Girl falls into the "fresh, unripened" cheese category

and is considered a grilling cheese styled after Finnish bread cheese Juustoleipa or better known Halloumi.

Sometimes called a "bread cheese," Guernsey Girl develops a crispy, toasty almost crunchy crust-like coating on the outside with pan frying or grilling, and is soft and gooey inside, yet, remarkably, still retains its form. Caramelized, sweet, smoky and salty flavours combine with a fresh milk taste and squeaky texture similar to fresh cheddar curds.

Any way you sear, skewer, slice or stack it, the keys to success are a clean, hot grill (medium-high heat), a little bit of patience and having extra on hand for your first attempt. The final result is so worth the effort.



OTTAWA FARMERS' MARKET



We're celebrating the season
Sundays at Brewer Park, 8-3

Sunday, July 29 Corn Celebration

Drop by our market testing tent this weekend for a corn celebration. We're grilling chili-cheese corn; rubbing sweet corn with herb salts and serving samples of our soft tacos.

Sunday, August 19th Harvest Table

Join us as we host Savour Ottawa's Harvest Table. Celebrate Ottawa's bountiful harvest & culinary talent with a five-course, gourmet lunch prepared by local chefs from fresh, seasonal ingredients provided by our local farmers. Tickets at savourottawa.ca: \$75 VIP; individual \$60.

ottawafarmersmarket.ca @OttawaFarmMkt

metro

OUTDOOR EATS

Thursday, July 26, 2012



The Black Tomato, which is known for its premium Quebec drafts and Ontario micro brews, backs onto a cobblestone courtyard in the popular ByWard Market area shared by four other patios. CONTRIBUTED

Perfect for people watching

Patios. When the weather gets nice in Ottawa, people want to get outside for views, ambiance

KELLY
PUTTER
For Metro

Patios are a popular Ottawa pastime thanks to winters that force people indoors.

"Come summertime if you don't have a patio, you're not very busy," says Stephen Flood, manager of the Black Tomato on George Street. "In Ottawa, as soon as the temperature hits 10 to 12 degrees people want the patios open."

The Black Tomato, which

is known for its premium Quebec drafts and Ontario micro brews, backs onto a cobblestone courtyard in the popular ByWard Market area shared by four other patios, which are run by Social Restaurant & Lounge, Courtyard Restaurant, Mama Grazzi's and JunXion Public House.

At Stella Osteria, guests can choose between two patios — rooftop and street level. The patios are perfect for people watching and attracting the odd celebrity or

politico such as Michaelle Jean, Chris de Burgh or Justin Trudeau.

"What's great here is the view of the market and the crowds," says supervisor Amber Smith. "On occasion we have a DJ and when the music moves people sometimes we have a huge dance party up there."

Smith recommends trying the Raspberry-Ginger Mojito along with the restaurant's antipasto platter.

For one of Elgin Street's biggest patios consider Panchito Villa. The 90-seat, street-level patio is well shaded and perfect for people watching. Enjoy margaritas and dai-

The outside vibe

"Come summertime if you don't have a patio, you're not very busy. In Ottawa, as soon as the temperature hits 10 to 12 degrees people want the patios open."

Stephen Flood, manager of the Black Tomato

quiris in lime, strawberry and tropic flavours alongside an order of nachos or guacamole.

If you want an outdoor space that's quieter and less crowded try the Murray Street Bistro located on the edge of the ByWard Market. Its smaller size and cosiness — the terraced courtyard

has trellises with grapevines growing on them — make you feel like you are in someone's backyard.

Be sure to try the Parliament Pimm's Cup — one ounce of Pimm's, a half-ounce of Hendrick's gin, simple syrup, muddled cucumber, freshly squeezed lemon juice, seasonal fruit topped with

ginger beer for \$9.50.

If you are peckish, the bistro's charcuterie, which includes elk salami, summer sausage and duck liver mousse, is the perfect snack.

Does getting away from the hustle and bustle appeal? Then head to the patio at Kelly's Landing in Manotick, about 20 minutes from downtown. The 100-seat patio sits on the Rideau River amidst beautiful, million-dollar homes.

Known for its fish and chips, Kelly's also serves delicious pasta, wraps, burgers and plenty of seafood. Consider one of its four signature drinks such as the Sun Kiss or the Life Saver.

Meet us downtown on the Mississippi and experience
a world of treasures in Carleton Place

Saturday August 4th

9-4pm

Carleton Place

BIA

Bridge Street

Bazaar

TALENTED?
REGISTER NOW!

Artisans, Buskers & Entertainers

www.downtowncarletonplace.com

613-257-8049

Information: cmccormond@carletonplace.ca

CARLETON
PLACE
BIA
Business in Action

Rib-ticklin' goodness

BBQ classics. Ottawa and area restaurants keen on serving up the taste of Deep South barbecue

KELLY PUTTER
For Metro

Dave Harper's love affair with classic southern barbecue began when his 12-year-old taste buds first encountered pulled pork and smoked brisket during a family trip through the Deep South.

Today, the owner of D & S Southern Comfort BBQ Restaurant wafts smoke on just about anything as he feeds a roster of regulars and new guests who trek the 20 kilometres from downtown Ottawa to his spot in Carlsbad Springs.

While the menu at D & S covers barbecue classics such as St. Louis cut pork ribs and hickory smoked chicken, the armadillo eggs — a jalapeno pepper stuffed with creamed cheese and wrapped in home-

made sausage smoked low and slow — are truly unique.

"My food is the kind you bite into for the first time and you'll look at those you're with and say, 'I haven't eaten anything like that before,'" says Harper, adding that his family-friendly restaurant was featured on The Food Network's You Gotta Eat Here!

The Determinator Burger, or what wait staff refer to as the "challenge burger," is three eight-ounce hamburger patties sitting on buns that are made of grilled-cheese sandwiches. The burger also includes back bacon, beef brisket, onion rings, cheese, mayo plus one pound of fresh-cut fries, one pound of coleslaw and six quartered pickles. It's five-and-a-half pounds of food and those who get through it get their photo on the wall of fame.



There are a number of restaurants in the area where you can dig into some scrumptious barbecue. TORSTAR NEWS SERVICE FILE

At 129 York St., the Smoque Shack is an eatery whose food philosophy is refreshingly simple: Local trumps organic, make everything from scratch, and offer Canadian craft brews as a fresh and tasty accompaniment to its assortment of barbecue flavours.

The restaurant offers Jamaican jerk pork, brisket and a smoked and grilled tofu sandwich for vegetarians. Seafood lovers will be happy to know that an Applewood smoked shrimp dish and bourbon BBQ basted salmon are available.

If the menu leaves you wanting to try everything, that's fine since sampling platters are available starting at \$18.

Can't get enough ribs? Try Fatboys Southern Smokehouse at 34 Murray St. On Mondays, from 4 p.m. till

closing, the restaurant offers all-you-can-eat ribs with Kansas City cornbread, beef brisket, beans and creamy coleslaw. Drawl-inducing southern sides on the menu include maple creamed carrots, collard greens and sweet potato mash.

Food safety. Four simple words can avoid illness

How cold should your cooler be at your family picnic? What's the best way to tell if your burgers are done?

"Safe food handling is safe food handling whether it's inside or outside. When we're outside, safe food handling needs to be treated the same way as in our home kitchen," says Brenda Watson, executive director of the Ottawa-based Canadian Partnership for Consumer Food Safety.

Here is what you should know about summer food safety.

- Four (4) C or below. That's the temperature to store any raw meat products or dairy for safe food keeping. "And store it for as long as possible, up to the cooking time," advises Watson. "If you're off-site and you're going to a barbecue, you could store your raw meat in a cooler and you want to make sure it's packed with ice and stays out of sunlight."

- Use the plastic. To seal off any meat products — think resealable plastic bags or even the meat-handling bags you pick up at the grocery store, says Watson. Proper sealing helps avoid contaminating your other food items with the juices from the raw meat.
- Scrub up ... between handling meats and other foods.



Ensure that you keep food safe at barbecues. SEAN MURPHY/LIFESIVE/THINKSTOCK

After your hands come into contact with raw meats, poultry or seafood, lather them up with warm running water and soap. (Or if that's unavailable, at least an antibacterial gel.)

- Think digitally. The best way to tell if your meat is cooked is using a tip-sensitive digital food thermometer. (Find specific temperature recommendations at canfightbac.org.) "Colour is not a reliable method to determine if your meat is safe to eat — the only way to be sure is to use a food

thermometer," adds Watson.

- Chill out ... your dairy products and salad dressings as well at 4 C or below. "Be careful when laying these products out on a table," says Watson. "Keep an eye on the clock and put it out just before people eat." Same goes after everyone has dug into the food — put leftovers back on ice as soon as possible.

- Remember these four words — Clean. Separate. Cook. Chill. These are the four lessons of food safety, says Watson. **ASTRID VAN DEN BROEK**



TAKE OUT HOTLINE:
613-748-3474

319 St. Laurent Blvd. at Hemlock
OPEN 11AM-10PM EVERYDAY
www.catsfishandchips.com

Cutlass Haddock

Breaded or beer battered to order, served with a mound of fresh cut fries and our famous Sea Slaw.
You will need a tug boat to get you home...



\$1 from every order of Cutlass Haddock sold will go to the DAVE SMITH YOUTH TREATMENT CENTER

Indigo is everywhere in fall collections, and home decor is no exception. A pop of true-blue in anything from your coffee maker to your comforter to your floor coverings will add a richness and depth to any room in your home, for a look that is truly modern and sophisticated.



**DESIGN
CENTRE**
Karl Lohnes
home@metronews.ca

Nespresso Pixi C60

The smartest and smallest of all the Nespresso machines; travels well. \$200, TheBay.com



1

2

Found Decanter Lamp with linen shade

Boho chic glass jugs glow with the addition of light. \$498, Anthropologie.com



1951 Barstool

1950's Navy hospital chairs get reproduced for vintage chic. \$465, DWR.com.



3

Pulse Blue Drinkware

Textured dots add a modern grip. \$32 for four, BedBathAndBeyond.com



4

5

Accessories in fall's coolest colour — indigo

5



It's All Mine Now

48x60 reproduction painting by Karl Lohnes. Who else would you rather have tea with? \$329, CB2.com

SELF SERVE. FULL SERVE.



Like taking control with sheets? Or want to kick back and let the dryer bar give you automatic Bounce freshness for about 4 months* at a time? Whichever type you are, you'll be the type of person who has awesomely fresh laundry every time.

HOW DO YOU GET YOUR BOUNCE?



Learn more at facebook.com/bounce

Keep Bounce out of reach of toddlers and pets to avoid accidental ingestion.
*Depends on frequency of use and dryer settings.

17th Century decor revival

Trends. Thomas Jefferson, George Washington and George Adams had floorcloths in their homes and you can too

If you were the artistic wife of a sailor back in 17th Century France, you didn't let modest means deter you from decorating your home in style.

You transformed your husband's old sails into beautifully painted floor coverings that rivaled those in wealthy homes. British sailors started bringing them back as souvenirs, and a fad with impressive reach and longevity was born.

The heavy canvases — called oilcloths in Britain and floorcloths when the art came to North America — were painted with simple or elaborate designs depending on the skill level of the artists (often house painters) and the financial status of homeowners. The term oilcloth probably refers to the

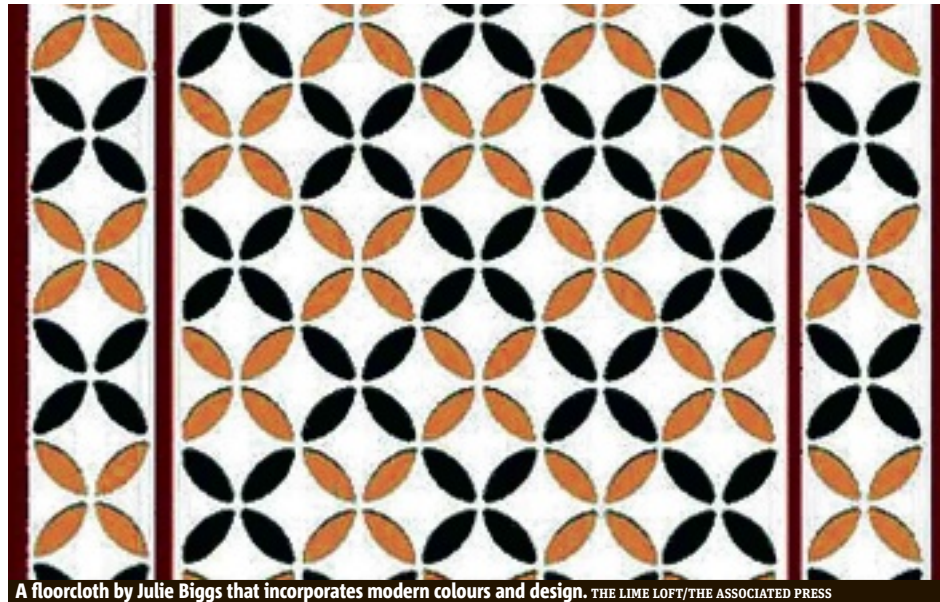
oil-based paints and linseed oil coatings applied to the canvases.

Waterproof, insect resistant and sturdy, floorcloths became just as popular in American homes. Thomas Jefferson, George Washington and John Adams had floorcloths in their homes; you can still see one at Mount Vernon — a solid green, as Washington sought to simulate the grass outdoors inside.

Near the start of the 20th Century, the advent of mass-produced linoleum sent labour-intensive floorcloths out of style, but in the '60s and again more recently, artists have rediscovered the craft.

Julie Biggs of Pickerington, Ohio, paints hers with contemporary designs like polka dots or naïf flowers in hues of pink, turquoise, yellow and charcoal grey. A green polka dot rug would look fresh and young in a child's room, for example. She's playing with other ideas, too.

"My favourite technique right now is a layered, worn look, which includes several layers of designs on one floorcloth," Biggs says. "Once I'm



A floorcloth by Julie Biggs that incorporates modern colours and design. THE LIME LOFT/THE ASSOCIATED PRESS

finished painting each layer, I sand off some of the top to let the sub-layers peek through. It gives the floorcloth a warm, loved look that's very charming. Recently, I've been inspired by the colours and designs of modern fabrics and quilts."

Weathersfield, Vt.-based

Lisa Curry Mair crafts her rugs in a 200-year-old farmhouse adorned with many of her creations. She brings a love of history, children's book illustrations and mathematics to her designs.

A mariner's compass, an artichoke and a woven, canelike pattern are among her

bestsellers, and she also does custom designs. The hardest thing to get across, she says, is how durable the pieces are, and that's largely due to the number of "hobby" crafters producing inferior product.

"They use lightweight canvas, cheap paint and finishes. A floorcloth in a high-traffic

kitchen should stand up to dogs, kids and all kinds of abuse," Mair says.

A good heavy floorcloth should lie flat with no bumps or ripples, she says. "When I make floorcloths for museums, they must stand up to 30,000 visitors a year walking on them."

Lucia Blum of Wilmington, N.C., gives rugs a folk-art look. Cat Nap features a black and white cat surrounded by the stuff of cat dreams: goldfish, birds and mice.

Bunny romps on a green field circled by carrots and radishes.

Artist Faith Wilson, who will be showing at the American Craft Exposition in Evanston, Ill., in August, takes a painterly approach to her often haunting, evocative canvases. Gingko leaves, conifers and little black birds inhabit softly hued, sepia-washed backgrounds.

If you're interested in trying your hand at the floorcloth craft yourself, HGTV's website offers instructions. Mair's website has a how-to video plus a supplies shop.

THE ASSOCIATED PRESS

RENT WITH MINTO AND BE INSPIRED BY
CHOICE | QUALITY | SERVICE | LOCATION

ONE CALL MINTO HAS IT ALL

beinspired

FROM EAST TO WEST
YOUR NEW HOME AWAITS YOU

(343) 883.1510 • minto.com

Gus's
Kitchen & Bath
GUARANTEED LOWEST PRICES ON SOLID WOOD VANITIES
RENOVATION SPECIALS!

1000 Gram Dual Flush Toilet
SALE PRICE: **\$245**
LIST: \$295
1 PIECE TOILET - HIGHEST MAP TEST RATING
INSULATED TANK - 6 1/3 LITER FLUSH
SOFTCLOSE SEAT INCLUDED
Valid until July 31, 2012

39" Espresso vanity and top
CLEARANCE PRICE: **\$295**
LIST: \$395
SOLID WOOD VANITY
PORCELAIN VESSEL INCLUDED
SOFT CLOSE HINGES
FAUCET NOT INCLUDED
WHILE SUPPLIES LAST!
Valid until July 31, 2012

36" Complete Shower House
SALE PRICE: **\$795**
LIST: \$1295
36"x36" CORNER UNIT - ACRYLIC WALL AND
BASE TEMPERED GLASS DOORS - INCLUDES
3-MIX VALVE, HANDSPRAY, RAINSHOWER
AND ROOYOTS - LIFETIME WARRANTY ON VALVE
AND INVERTER - ALSO AVAILABLE IN
41"x41" MODEL FOR \$995
Valid until July 31, 2012

Athens Freestanding Tub
SALE PRICE: **\$795**
LIST: \$1295
67" x 31" HIGH GRADE ACRYLIC
FINISH - INCLUDES DRAIN
WITH WASTE AND
OVERFLOW
Valid until July 31, 2012

MANY MORE IN-STORE SPECIALS!
STORE HOURS: MON & FRI: 9AM-8PM • TUE-THU: 9AM-5:30PM • SAT: 10AM-6PM • SUN: NOON-6PM
2183 CARLING AVENUE AT WOODROFFE 613-828-2284
www.guskitchenandbath.com

Keep cool while looking cool

DIY ideas. Cooling units are summer lifesavers, but they're also an eyesore. Make your own cover using these tips

The summer heat has likely got your air conditioning unit

operating at full tilt. Although you may be enjoying the cooling effect it's bringing to the inside of your home, you may not appreciate the eyesore it's created on the outside.

Jason Cameron transforms troubled yards on DIY Network's Desperate Landscapes. Read on to learn Jason's approach to concealing an outdoor air conditioning unit and never worry what your

neighbours are thinking about your yard again.

Gather materials

A decorative lattice screen provides the ultimate disguise for outdoor air conditioning units.

To get started, gather the necessary materials, such as cedar planks (recommended for their weather resistance), four pressure-treated 4-x-4 posts, wood stakes, braces, landscaping fab-

ric, granite, architectural-grade lattice, cement, a saw, hand tamper, staple gun, shovel and screws.

Set the base

Ensure the area being screened is level. Hammer in stakes to mark the perimeter and place the cedar planks against the stakes to mark a simple frame.

Remember to factor in sufficient clearance to allow for

proper airflow and servicing; a good rule of thumb is to clear an area double the size of the air conditioner you wish to hide.

Secure landscaping fabric inside the frame to prevent weeds from growing. Pour granite overtop until it is about two inches thick and rake until level. Wet the surface to set the granite and then pack it down with a hand tamper.

pour cement into the holes. Let the concrete set overnight before removing the braces. Measure between each set of posts and cut the cedar planks to fit between them to form a bottom rail. Slide the rails into place and screw them to the posts. Cap the top of the posts with a top rail; cut each end of the top rail at a 45-degree angle and secure with screws.

Install the lattice

Cut the lattice with a circular saw so it fits between the posts and top and bottom rails. Use a staple gun to attach the lattice to hold it in place. Planting shrubs around the screen will help to further soften the look.

DESPERATE LANDSCAPES AIRS WEEKNIGHTS AT 7:30 P.M. ET/4:30 P.M. PT ON DIY NETWORK CANADA

Build the frame

Cut the corner posts to the desired height with a sharp handsaw. Dig holes for the posts, about two feet deep, to allow enough room for the concrete. Set the posts in the holes and secure temporarily with braces.

Once the posts are level,



RBC Royal Bank

Canada's mortgage rules have changed. How do they affect you?

It's time for a mortgage coach with the right advice.

RBC Mortgage Fitness Plan:

- ☒ **Advice** – Over 1,400 dedicated mortgage professionals
- ☒ **Flexibility** – Save thousands with payment features like Double Up®
- ☒ **Savings** – Home equity credit line at only 3.5% (prime + 1/2%)

PLUS a \$500 house warming gift* for first time buyers, or we'll cover switching costs** for existing mortgages.

Speak with an RBC Royal Bank® mortgage specialist today.
1-866-864-0420

Advice you can bank on™



Cover your outdoor air-con unit with a decorative lattice. ISTOCK

SUPER SUMMER SALE

Carlingdale Home Fashions

- Duvet covers and all accessories
- Incredible pattern selection

Up to **70% Savings**

Quilt Sets

- Includes pillow sham(s)
- Assorted Patterns

From **\$29.99** any size!

Printed Duvet Cover Sets or Solid Sheet Sets

Your choice! **\$19.99** any size!

quiltsetc®

Carlingwood Mall
(613) 722-6800
www.quiltsetc.com

* Offer only available to first-time homebuyers who obtain a 5 year fixed interest rate closed mortgage with Royal Bank of Canada ("RBC Royal Bank") or on one RBC Homeline Plan® mortgage segment. Some conditions on interest rate may apply. To qualify for this offer, clients must have or open a mortgage payment account with RBC Royal Bank. The \$500 will be deposited to this account. To be eligible: (i) the mortgage application date must be on or after July 19, 2012 and mortgage funds must be fully advanced within 120 days from application date; (ii) the mortgage or mortgage segment must be for a minimum principal amount of \$100,000. This offer cannot be combined with any other special offers and cannot be used for construction draw mortgages. Offer may be withdrawn or amended without notice at any time. ** We will pay the basic title insurance fee, processing fee and one discharge fee (up to \$300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance \$50,000. Personal lending products and residential mortgages are offered by RBC Royal Bank and are subject to its standard lending criteria. ® /™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

NHL

Bettman lays out league's proposal

Donald Fehr and the NHL players have a little more to mull over.

NHL commissioner Gary Bettman said the league tabled the remaining elements of its opening contract offer to the NHL Players' Association on Wednesday. It was an expansion on the opening proposal the league delivered July 13, which included a decreased share of hockey-related revenue, term limits on contracts and a 22 per cent salary rollback.

THE CANADIAN PRESS



Gary Bettman GETTY IMAGES FILE

Crime

Ripken Jr.'s mom safe after being kidnapped

Cal Ripken Jr.'s 74-year-old mother was found with her hands bound in the back seat of her car Wednesday after being kidnapped at gunpoint a day earlier at her home outside Baltimore and driven around blindfolded by her abductor, police and neighbours said.

Investigators do not know the kidnapper's motive and there was no ransom demand for Vi Ripken's release, Aberdeen police Chief Henry Trabert said at a news conference.

The gunman forced Ripken into her silver Lincoln Continental between 7 a.m. and 8 a.m. Tuesday, police said. **THE ASSOCIATED PRESS**



Ernie Els speaks at a press conference next to the Claret Jug trophy Wednesday at the Hamilton Golf and Country Club in Ancaster, Ont. NATHAN DENETTE/THE CANADIAN PRESS

Els hopes to add to his trophy haul

Golf. British Open winner has had little time to practise ahead of Canadian Open

Ernie Els arrived at the RBC Canadian Open with one trophy already in tow. He's hoping to leave with another.

Despite a whirlwind couple days that followed his victory at the British Open, Els expressed confidence that he's still got enough left in the tank to be competitive at the third-oldest championship in golf.

"I feel very fresh," he said Wednesday afternoon.

Els only managed to get

in five practice holes at Hamilton Golf and Country Club this week, but thinks his stellar play from Royal Lytham and St. Annes should carry over.

The celebration following his fourth major championship was more low key than the ones that came before it. After pulling out a one-shot victory over Adam Scott on Sunday, he returned home to London for a small party with family and friends, then had a lazy Monday.

He travelled to Hamilton, Ont., on Tuesday morning, getting in a quick practice session before a helicopter arrived to whisk him to downtown Toronto for a "Right to Play" dinner. On Wednesday,

Taking part

- Besides Els, the biggest names in the field are Matt Kuchar, Hunter Mahan and Jim Furyk — and it's no coincidence that all four have sponsorship agreements with RBC.
- But Furyk said he was also drawn back by the traditional H.S. Colt-designed course where he won the first of his two Canadian Open titles in 2006.

Els played a round with RBC CEO Gord Nixon at his home course.

The itinerary left virtu-

ally no time for preparation at the charming, tree-lined Hamilton layout that is hosting the Canadian Open for a fifth time.

"I don't know if it's such a big disadvantage because a lot of times when you don't play a course, you don't know where the trouble is," Els said with a chuckle. "So maybe that's a good thing. You get your yardage, you hit it to your spots."

As an added bonus, the South African brought the Claret Jug along for the ride and proudly displayed it during his interview session with reporters Wednesday. His presence added some buzz to an event that remains in a tough spot on the PGA Tour's calendar. **THE CANADIAN PRESS**

4 SPORTS

Mobile sports



A day after matching the Philadelphia Flyers' \$110-million US offer sheet for Shea Weber, the Nashville Predators were in celebration mode. But "the biggest signing in franchise history" for Nashville has forced the Flyers back to the drawing board. Scan the code for the story.

SAVE UP TO 90% ON THINGS YOU LOVE TO DO IN OTTAWA



SAVING OTTAWA
Big Savings in the Capital

Portion of all sales go to our local charities.

www.savingottawa.ca

facebook

/savingottawa

twitter/savingottawa



Canada can't keep up with world champs in opener



Canada's Carmelina Moscato heads the ball against Japan's Yuki Ogimi on Wednesday in Coventry. RYAN REMIOWSKI/THE CANADIAN PRESS

Soccer. Coach Herdman calls loss to Japan a learning experience

Canada's women's soccer team opened its London Olympic campaign with a 2-1 loss to Japan on Wednesday, a result that left coach John Herdman "scratching one side" of his head and "feeling OK on the other."

Melissa Tancredi scored the lone goal for the No. 7 Canadians, who managed to battle back against the reigning World Cup champion. Japan took a 2-0 lead into halftime and had the Canadians on their heels most of the night.

"We knew it was going to be a tough game tonight; they're world champions and world champions for a reason," Herdman said afterward.

"But it's the first game in the tournament, there's another five to go for us hopefully, and I think we've learned some lessons tonight."

The game marked Canada's first competition of the Games, two days before the

opening ceremonies in London.

The Canadians need to finish top-two in their pool — or be one of the two best third-place teams — to advance to the quarter-finals of the 12-team tournament.

The Japanese squad that shocked the United States to win the World Cup last summer lived up to its billing, passing and moving with speed and precision.

"They're quick, they're crafty, they get in those tight little spaces that you don't think they can get into," said defender Lauren Sesselmann. "They're an incredible team."

Nahomi Kawasumi and team captain Aya Miyama scored for Japan.

Kawasumi sprinted onto a clever back-heel pass from Shinobu Ohno in the 33rd minute. Miyama scored on a header from a cross in the 44th minute to beat Canadian goalkeeper Erin McLeod.

Tancredi capitalized on the one really decent shot Canada had, connecting on a cross from Rhian Wilkinson in the 55th minute. **THE CANADIAN PRESS**

Flag-raising. Canada welcomed to Olympics

A medieval pageant with a 20th-century Queen soundtrack marked Canada's flag-raising and official welcome to the Olympic athletes' village in London.

With just over 200 nations competing in the 2012 Summer Games, countries had to be welcomed in batches. The Maple Leaf's introduction to the central plaza Wednesday evening was accompanied by flags raised from Portugal, Morocco, Monaco and Serbia.

Britain's National Youth Theatre set the scene of a quirky court. Dressed in

colourful jester garb, they cartwheeled and rode bikes down the plaza. They were followed by athletes and officials from all five countries.

"This is my first Olympics, so I didn't know what to expect, but it was full of energy," said Vancouver swimmer Blake Worsley.

A representative from each country was summoned to the stage to meet the village deputy mayor, British Olympic swimmer Duncan Goodhew, before the country's anthem played.

Canadian chef de mission Mark Tewksbury introduced himself to Goodhew as a fellow swimmer. They are of different Olympic eras. Goodhew won his gold in 1980, while Tewksbury's came in 1992.

The half-hour flag-raising ceremony, attended by Canada's Gov. Gen. David Johnston, provided pomp and ceremony for the Canadian athletes who won't participate in the opening ceremony Friday at Olympic Stadium.

The athletes' village at Olympic Park in London's East End is massive and will house 16,000 residents at its peak. Canada's quarters sit on the east end of the park.

THE CANADIAN PRESS



Mark Tewksbury, the Canadian chef de mission for London, is seen during the official flag-raising ceremony on Wednesday. COC/THE CANADIAN PRESS

"Thank you, mom"

Because it all adds up



THE BRANDS THAT BRING FAMILIES TOGETHER

GET **OUTSTANDING VALUE** ON
YOUR FAVOURITE **P&G PRODUCTS**.

Available at
Walmart

P&G



**WORLDWIDE
PARTNER**

HELP WANTED

General Help

An Ottawa based company is seeking two full-time positions.

- 1. Project Manager \$80,000.00 / Year**
- 2. Network Specialist \$75,000.00 / Year**

The candidates must have 5 yrs + experience in these fields. The project manager position requires experience in managing distributed systems across different countries and the network specialist position requires experience in Network Security including Firewall. Both positions require as mandatory the following (experience in AFIS based on NEC Corporation technology, experience in a VISA issuance system using biometric data and Fluency in English and Arabic).

Please forward resume to **maghurs@rbi-inc.net**.
Deadline for accepting resumes is **August 8th, 2012**.

AUTOMOTIVE

Cars & Trucks Wanted

!!!CASH FOR THAT CLUNKER!!!
WILL BUY UNWANTED CARS AND TRUCKS FOR SCRAP AND PARTS.
PAY CASH
Give me a call and I'll haul it away
BARRY 613-769-7940

RENTALS

Apartments Unfurnished



Residential Rentals
Strathcona - Built in 1927 to be Ottawa's finest address, Strathcona boasted underground parking and a choice residential location in Sandy Hill.

ANDREX
www.andrex.ca

Tel: (613)238-1835

Please contact for rental availability

Rooms Furnished

LOVELY QUIET ROOM \$500/mth.
Everything Included, except parking. No pets.
Prefer college student or PERSON WITH f/t JOB. **613-820-6582** after 1pm

 **find us**
 **follow us**
 **like us**
metro

 **like us**
metro

General Help

PUBLIC AUCTION
Tuesday August 7th, 2012
St-Elias Centre
750 Ridgewood Ave.
Preview: 3:00pm Starts: 4:30pm

MICHAEL SPOONER & SON
613-722-8321
www.spoonerauctions.com

 **like us**
metro

Apartments Unfurnished

Gotta old couch you wanna get rid of?

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

GARAGE/YARD SALES

Garage/Yard Sales

July 28th & 29th
8am to 4pm
86 Rowe Dr
Downsizing large home!
Everything must go!
Includes Yamaha Organ, kitchen ware, collectibles, furniture, etc

PERSONALS

Companions Wanted

Highly Addictive
Ebony Playmate Lalya
613-252-4423 (call or text)

Personals

New UPSCALE Ebony Goddess
Sexy 19 yrs old Arabic Girl
In and Out Calls Pleasure Garnette
Kayla (613)807-0094 Do not miss out!

SERVICES

Tutoring



ENGLISH TRAINING for business, academic, and leisure purposes. Courses are customized and delivered in-house at rates 25-50% less! Obtain the power of the English language and have a brighter future! Why wait? Start today! Speak to the friendly people at PES for your free consultation at 613.290.3815 or visit www.pro-englishservices.com for more information.

Financial

Need Ca\$h Today?

Loans up to \$10,000
Bad Credit? No Problem.
www.eazycash.ca
613-699-0011
Check Cashing, Car Title Loans, Money Transfers.

Mortgages

OWN A HOME?
Loaded with Debt? I can help! 1st, 2nd, 3rd
Mortgages Re-Financing. Home Equity Loans. Debt Consolidation Loans. Bad Credit? Self-Employed? Bank said "No"?
Fast approvals! Quick Closing!
Steve Daigle: sdaigle@tmacc.com
(613)863-0649 UC10717

Legal

FAMILY LAW ISSUES?
Get Help Now
susan b. arlitt
157 mcleod st



6 1 3 - 2 3 8 - 2 4 2 4

Other Services

Family Carpet Cleaning
Stripping, waxing painting and parging
Ken: (613) 314-1171

HOUSEHOLD SERVICES

General Services

M.J.M. VACUUMS
1061 Merivale Rd., Ottawa
Call John at: **613-724-4777**
Central vacuums starting at
\$399
Installation Available
Sales & Repairs All Kinds
COUPONS at www.mjmvacuums.com



Trades

Billings Construction Services
Commercial & Residential
Renovations/Repairs/Handyman Services
Free Consultation & Estimates
No Project Too Big or Too Small
26 years exp/references
Call David @ **613-805-5320**
gdavidbillings@gmail.com

MISCELLANEOUS

Miscellaneous

LOOK!
Advertise in this space
for as low as
\$10/day!!
Call 1-800-527-6767

Miscellaneous

Miscellaneous

Attention Realtors!
Want to reach over 92,600 daily Metro News readers?
Advertise your listings with Metro Classifieds.



2 Listings
Starting as low as
\$36 per day

Call 1-800-527-6767 to place your ad now!

Read
metro
work
every Monday
and Wednesday
for tips and trends
in education
and employment.

Only in Metro.
News worth sharing.

Sell Your Stuff For FREE! Call 1-800-527-6767						Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk
1 Fortress 3 wheeler Scooters In A1 condition Please call 613-565-0704 leave message if no answer.	Black & Decker toaster oven - r - oven broiler (TR0651) New in box! • Oven Roaster. No stick grill 15.75" x 11" x 3" - \$12 Call 613-224-3455	Electric Wheelchair very good condition \$1200 (613)422-6447	KENMORE DRYER white, 2 years old \$250 Marc @ 613-889-9768	SONY WEGA 36 inch TV 10 years old, great condition \$150 with cabinet - Paid \$2000 819-771-5386	TEAK dining room table 4 chairs and extra leaf \$170 OBO 613-744-2431	
19 inch Tv apt size \$70.00 613-560-5985	Brand new budgie bird cage with 2 budgies. \$50 613-746-8702	Entertainment cabinet with two glass doors plus three video drawers which told ten in each- \$45 Call (613)241-9317	Ladies NEW Leather Jacket Red in color size large Asking \$300.00 613-722-6699	•Stereo with 2 Speakers - \$75.00 •Ladies shoes for summer - \$25 •New Toaster Oven - \$50 Call 613-722-6699	Trimline 2600 Treadmill. 4 pre-programmed speeds. Works well. \$195 Call 613-421-2094	
2004 Gas Scooter Hyosunj 49 CC Only 8,000 kms, great condition, comes with rear case. Asking \$1200 819-771-5386	Computer Desk \$25 Antique Octangle Table \$325 (613)824-9909	Entertainment Stand with 2 doors and 10 shelves \$55 OBO 613-744-2431	Professional Bakery Equipment FOR SALE 819-351-5260	STOVE 4 years old \$250 613-889-9768 ask for Marc	• TV 27" JVC w/remote • TV 32" LCD w/remote • Stereo JVC with 5 CD player AMP & speakers BEST OFFER accepted Please call 613-729-2531 (Items in EX CON)	
Air Hockey Table - \$100 Fuse Ball Table - \$100 Call 613-422-0366	Day Care Furniture for sale Please call 819-351-5260	IKEA white table (desk) with removable legs - \$25. •IKEA desk chair, pink - \$20 Call (613)241-9317	QUEEN size BEDROOM SET (Wood) 2 night tables, headboard and 2 dressers. Good condition. Asking \$250.00 OBO 613-824-9909	Sunbeam Breadmaker Almost new \$60 Call (613) 560-5985	XBOX original controller S, DVD remote and 8 games \$60.00 OBO 613-798-0310	

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Horoscopes

Aries

March 21 - April 20

You can be pretty stubborn when the mood takes you and it is likely to take you today. You may discover though that you are not the only one who knows how to dig in their heels.

Taurus

April 21 - May 21

No amount of compromise will work today, so be ready to fight for what you believe in. When it comes to willpower, you have more than most but a rival may not be as weak as they look.

Gemini

May 22 - June 21

Different people see things in different ways and if you can accept that, you won't have too many problems today. But if you insist the world agrees with you then you could find yourself in a lonely place.

Cancer

June 22 - July 23

Make sure you keep a sense of perspective over the next 24 hours, especially where money is concerned. What you own and earn is important, of course, but cash can't buy you the kind of love that you crave.

Leo

July 24 - Aug. 23

You can't help but be assertive and ambitious but don't go to extremes and start making the kind of demands of other people that you would never accept for yourself. You need more friends, not more enemies.

Virgo

Aug. 24 - Sept. 23

You seem to be asking yourself a lot of serious questions of late, but are you getting any intelligent answers? If not, maybe you should loosen up a bit and not take life so seriously – then the answers will come.

Libra

Sept. 24 - Oct. 23

If you go back on a promise today, you will regret it later. You must live up to your obligations, at home and at work because if you don't, you will let everyone down – including yourself.

Scorpio

Oct. 24 - Nov. 22

What happens today may shock you but you should have seen it coming. Also, it's unlikely to be as bad as you think, so don't overreact. What changes cannot be unchanged, no matter how forceful you may be.

Sagittarius

Nov. 23 - Dec. 21

After being kept out of the loop for so long, you will discover what has been going on. It's unlikely to be as bad as you feared. It may even be good if you choose to take a long-term outlook.

Capricorn

Dec. 22 - Jan. 20

Mind planet Mercury united with Pluto today suggests you need to take a more positive view of what's going on in the world. It's not all doom and gloom you know, in fact there are marvels in every direction.

Aquarius

Jan. 21 - Feb. 19

Conflict of one kind or another is inevitable today and although that may not sound like very good news it has to happen. Only when the air is cleared can you all start to breathe more easily.

Pisces

Feb. 20 - March 20

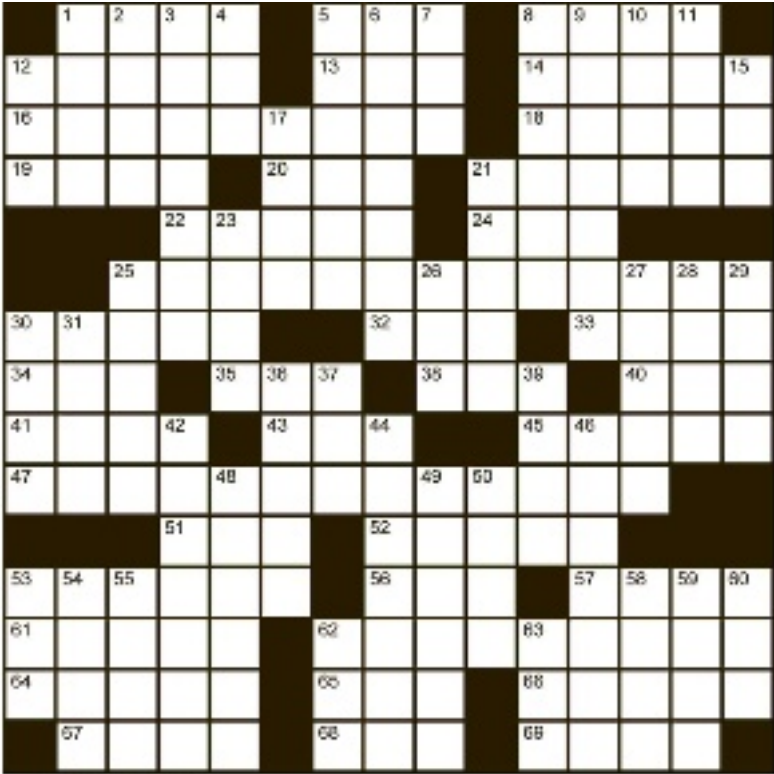
The pressure has been cranking up for quite some time and over the next few days it may even become intolerable. But you are tougher than you look and will rise to the challenge. Give it your all. **SALLY BROMPTON**

Crossword: Prime Ministers

Across

1. Prime Minister Chrétien
5. Where to find *The Sopranos*
8. Most common first name among Canadian PMs
12. Desperado chasers
13. Tax return rwv.
14. *Das Boot* setting
16. See 62-Across
18. Atoll explosion
19. Old dagger
20. It flows from Alberta
21. Mountainous regions of planets
22. Like some flowers
24. ___ de Cologne
25. Prime Minister April 20, 1968-June 4, 1979 and March 3, 1980-June 30, 1984
30. Surrounded by
32. Legal matter
33. Montréal, Québec, Maritimes locale
34. ___ Vegas
35. California Bay Area's largest airport, for short
38. Some in Québec
40. Letters ending an email or texted request
41. IMO cousin
43. Her: Ger.
45. Swimming (in)
47. First Prime Minister born after Confederation and only one to represent a Manitoba riding
51. Switch positions
52. Immune system component
53. Third Prime Minister, June 16, 1891-November 24, 1892

56. "Am ___ trouble!"
 57. Cowardly Lion player
 61. "Mea ___": "my fault"
 62. With 16-Across, second Prime Minister, November 7, 1873-October 8, 1878
 64. First Radiohead single
 65. Choice word
 66. Prime Minister St. Laurent
 67. Ill-mannered
 68. 33-Acr. summer
 69. Stuns
- Down**
1. ___ of Arc
 2. Action-denoting suffix
 3. Showed hospitality at the door
 4. Born
 5. Less clear
 6. Manufacturer
 7. "___ to Joy"
 8. Alaska capital
 9. Force (upon)
 10. Certain gardener
 11. US space gp.
 12. In short, they served Canada
 15. Sporty Audis
 17. Film genre
 21. To the point
 23. Brief bylaws
 25. Affirm
 26. United spinoff
 27. "___ apple every day to keep the doctor away"
 28. Garage sale stipulation
 29. Zion's locale
 30. James Bond's *Octopussy* car, informally
 31. Bryn ___ College: women's liberal arts college near Philadelphia



Copyright © 2012 M. Siegel/Wisconsinberg

BY MICHAEL WIESENBERG

36. Premier
37. Electrical-impedance unit whose symbol is an omega
39. Satirist Mort
42. Cried "Yee-haw!"
44. Changed the bathroom decor
46. "What have we here?"
48. Open a package, maybe

49. Most freezing
50. '70s babies are part of this
53. USC : Pac 10 :: UNC : ___
54. New Westminster, BC-born Mason portrayed
55. Blue in Québec
58. ___ chori: for two voices, musically
59. "We have met the

- enemy and ___ us": Pogo quote
60. Monopoly utils.
62. Yes
63. In the manner of

Yesterday's crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	8	1	5	7	4	9	3	6
8	5	6	1	3	8	7	2	4
4	3	7	2	9	6	8	1	5
7	2	5	3	1	8	6	4	8
6	1	3	4	8	7	5	9	2
8	9	4	6	5	2	1	7	3
1	4	8	7	6	3	2	5	9
5	6	2	9	4	1	3	8	7
3	7	9	8	2	5	4	6	1

Today

25°/18°
Showers
40%

Friday

29°/17°
Variable

Know what the weather will be 14 days from now.
Check the 14 day trend.

TWN incorporates MSC data

FLIGHT CENTRE *Unbeatable*

Ganonoque Family Special, 2 Nights

\$84⁺

Holiday Inn Express taxes & fees included

INCLUDES Thousand Islands accom. Price per person based on family of 4. Travel Aug 7, 13, 20/ggv. **UPGRADE** to 4-star Ganonoque Inn and Spa for \$33 per night. **ADD** Thousand Islands cruise for \$17.

1 866 720 4853 | flightcentre.ca

Conditions apply. Ex: Ottawa. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ggv=pogo vacations. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

Read metro your money every Tuesday for financial tips, trends and advice.

Only in Metro. News worth sharing.

QuestChat™
feel the rush

TRY IT FREE!
613.232.4444
Other Cities 1.888.482.8282

1.900.677.4444 • \$0.55/min
Dial #CHAT(62428) .79/min
Text #QUEST to 96889 25¢/text
Prom. fund not available on 40¢/text

questchat.com



Rallye
 RALLYEMITSUBISHI.CA
 819.568.9999

UP TO \$4000 IN REBATES!
OUR BEST DEALS OF THE YEAR

FREE CRUISE
 WITH THE PURCHASE
 OF A NEW VEHICLE*



**FREE GPS, HOOD
 DEFLECTOR AND
 FIRST TUNE-UP**
 WITH THE PURCHASE OF A
 NEW VEHICLE

**0% PURCHASE
 FINANCING
 FOR UP TO 72 MONTHS
 ON CERTAIN
 MODELS**

2012 LANCER
 High Performance Sedan
Starting at \$13,998
 Sale price \$15,598
FREIGHT AND PDE INCLUDED



AWD AVAILABLE
\$42 PER WEEK
FREIGHT AND PDE INCLUDED
65 month term at 4.99%, freight, PDE, tax, license, title, and dealer fees. MSRP \$15,598. MSRP \$15,598. MSRP \$15,598.

2012 OUTLANDER
 The Fiery and Bold SUV
Starting at \$21,998
 Sale price \$23,698
FREIGHT AND PDE INCLUDED



\$63 PER WEEK
FREIGHT AND PDE INCLUDED
65 month term at 4.99%, freight, PDE, tax, license, title, and dealer fees. MSRP \$23,698. MSRP \$23,698. MSRP \$23,698.

2012 RVR
 The Crossover Energy Efficient
Starting at \$16,998
 Sale price \$18,598
FREIGHT AND PDE INCLUDED



\$49 PER WEEK
FREIGHT AND PDE INCLUDED
65 month term at 4.99%, freight, PDE, tax, license, title, and dealer fees. MSRP \$18,598. MSRP \$18,598. MSRP \$18,598.

Rallye
 NO.1 VOLUME MITSUBISHI DEALER IN
 IN OTTAWA - GATINEAU

1185, boul. La Vérendrye Ouest, Gatineau
 Rallyemitsubishi.ca • 819.568.9999
 ONLY 5 MINUTES AWAY FROM DOWNTOWN OTTAWA

10YEAR
160,000 km
 POWERTRAIN LTD WARRANTY
 BEST BACKED CARS IN THE WORLD®



For all purchase financing offers, customers must sign contract and take delivery by July 31st, 2012. Subject to credit approval. 0% for 72 months for the 2012 Outlander and RVR and 0% for 60 months for 2012 Lancer. Total obligation of \$20,880 for the 2012 Lancer, \$32,814 for 2012 Outlander, \$25,930 for the RVR, \$56,510 for the 2012 Evolution and \$27,082 for the 2012 Sportback. Freight and PDE included. Taxes, options and license extra. Photos for illustration only. Cannot be combined with any other promotions. † See Rallye Mitsubishi for details about the trip. ** Best backed cars in the world does not apply to Lancer Evolution and Lancer Ralliart and i-Miev models. See Rallye Mitsubishi for details.



ELITE
 GATINEAU

MAZDA
 PRE-OWNED CENTRE



2008 MAZDA 3 GT
 Manual, A/C, CD, 80,549km,
 #E100760A
\$9,680⁰⁰*



2009 MAZDA 5 GS
 Manual, 5 speed, A/C, CD, electric
 group, 32,950km, #120043A
\$15,850⁰⁰*



2007 MAZDA CX7 GS
 Auto, A/C, CD, CD, electric group,
 76,842km, #E1641
\$16,950⁰⁰*

1205 BOUL. LA VÉRENDRYE OUEST • GATINEAU
ELITEMAZDA.CA • 819.568.6000

†Payments include all taxes.
 *Prices plus tax.
 See Elite for details.